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## Notice of Privacy Practices

**This Notice describes how Recovery Waters Physical Therapy may use and disclose your healthcare information and how you can obtain access to this information. Please review it carefully.**

Recovery Waters Physical Therapy is required by law to maintain the privacy of your protected health information. This information consists of all records related to your health, including demographic information, either created by Recovery Waters Physical Therapy or received by Recovery Waters Physical Therapy from other healthcare providers. We are required to provide you notice of our legal duties and privacy practices with respect to your protected health information. These legal duties and privacy practices are described in this notice. Recovery Waters Physical Therapy will abide by the terms of this notice, or the notice currently in effect at the time of the use or disclosure of your protected health information.

Recovery Waters Physical Therapy reserves the right to change the terms of this notice and to make any new provisions effective for all protected health information that we maintain. Patients will be provided a copy of any revised notices upon request. An individual may obtain a copy of the current notice from our office at any time.

### Uses of Disclosures of Your Protected Health Information Not Requiring Consent:

Recovery Waters Physical Therapy may use and disclose your protected health information, without your written consent or authorization, for certain treatment, payment, and healthcare operations. There are certain restrictions on uses and disclosures of treatment records, which include registration and all other records concerning individuals who are receiving, or who at any time have received services for mental illness, developmental disabilities, alcoholism, or drug dependence. There are also restrictions on disclosing HIV test results.

### Treatment May Include:

- Providing, coordinating, or managing healthcare and related services by one or more healthcare providers.
- Consultations between healthcare providers concerning a patient.
- Referrals to other providers for treatment, including nursing homes, foster care homes, or home health services.

For example, Recovery Waters Physical Therapy may determine that you require the services of a specialist. In referring you to another doctor, Recovery Waters Physical Therapy may share or transfer your healthcare information to that doctor.

### Payment Activities May Include:

- Activities undertaken by Recovery Waters Physical Therapy to obtain reimbursement for services provided to you.
- Determining your eligibility for benefits or health insurance coverage.
- Managing claims and contacting your insurance company regarding payment.
- Collecting activities to obtain payment for services provided to you.
- Reviewing healthcare services and discussing with your insurance company the medical necessity of certain services or procedures, coverage under your health plan, appropriateness of care, or justification of charges.
- Obtaining pre-certification and re-authorization of services to be provided to you.

For example, Recovery Waters Physical Therapy will submit claims to your insurance company on your behalf. This claim identifies you, your diagnosis, and the services provided to you.

Recovery Waters Physical Therapy may contact you, by phone, text, mail, or email to provide appointment reminders. You may notify us if you do not wish to receive appointment reminders.

Recovery Waters Physical Therapy may not disclose your protected health information to family members or friends who may be involved with your treatment or care without your written permission. Health information may be released without written permission to a parent, guardian, or legal custodian of a child; the guardian of an incompetent adult; the healthcare agent designated in an incapacitated patient's healthcare power of attorney; or the personal representative or spouse of a deceased patient.

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There are additional situations when Recovery Waters Physical Therapy is permitted or required to use or disclose your protected health information without your consent or authorization. Examples include the following:

- As permitted or required by law.
  - In certain circumstances, we may be required to report individual health information to legal authorities, such as law enforcement officials, court officials, or government agencies. For example, we may have to report abuse, neglect, domestic violence, or certain physical injuries. We are required to report gunshot wounds or any other wound to law enforcement officials if there is reasonable cause to believe that the wound occurred as a result of a crime. Mental health records may be disclosed to law enforcement officials for the purpose of reporting an apparent crime on our premises.
- For public health activities.
  - We may release healthcare records, with the exception of treatment records, to certain government agencies or public health authority authorized by law, upon receipt of written request from that agency. We are required to report positive HIV test results to the state epidemiologist. We may also disclose HIV test results to other providers or persons when there has been or will be risk of exposure.
- For health oversight activities.
  - We may disclose health records, including treatment records, in response to a written request by any federal or state governmental agency to perform legally authorized functions, such as management audits, financial audits, program monitoring, and evaluation and facility or individual licensure of certification. HIV test results may not be released to federal or state government agencies without written permission, except to the state epidemiologist for surveillance, investigation, or to control communicable diseases.
- Judicial and administrative proceedings
  - Patient healthcare records, including treatment records and HIV results, may be disclosed pursuant to a lawful court order. A subpoena signed by a judge is sufficient to permit disclosure of all healthcare records, except for HIV results.
- For activities related to death
  - We may disclose patient healthcare records, except for treatment records, to a coroner or medical examiner for the purpose of completing a medical certificate or investigation for a death. HIV test results may be disclosed under certain circumstances.
- For research
  - Under certain circumstances, and only after a special approval process, we may use and disclose your health information to help conduct research.
- To avoid a serious threat to health or safety
  - We may report a patient's name and other relevant data to the Department of Transportation, if it is believed the patient's vision or physical or mental condition affects the patient's ability to exercise reasonable or ordinary control over a motor vehicle. Healthcare information, including treatment records and HIV test results, may be disclosed where disclosure is necessary to protect the patient or community from imminent and substantial danger.
- For worker's compensation
  - We may disclose your health information to the extent such records are reasonably related to any injury for which worker's compensation is claimed.
- For business associates
  - We may disclose your health information to other entities that provide a service to Recovery Waters Physical Therapy that requires the release of your health information, but only if we have received satisfactory assurance that the other entity will also protect your health information.

Recovery Waters Physical Therapy will not make any other use of disclosure of your protected health information without your written authorization. Recovery Waters Physical Therapy will not use your health information to contact you for marketing purposes or sell your health information without your written consent. You may revoke such authorization at any time, except to the extent that Recovery Waters Physical Therapy has taken action in reliance thereon. Any revocation must be in writing.

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Your Rights Regarding Your Protected Health Information

You are permitted to request that restrictions be placed on certain uses or disclosures of your protected health information by Recovery Waters Physical Therapy to carry out treatment, payment, or healthcare operations. You must request such a restriction in writing. We are not required to agree to your request, but if we do agree, we must adhere to the restrictions, except when your protected health information is needed in an emergency treatment situation. In this event, information may be disclosed only to healthcare providers treating you. Also, a restriction would not apply when we are required by law to disclose certain healthcare information.

You have the right to restrict disclosure of your health information to a health plan if you choose to pay out-of-pocket in full for the services at the time they are provided.

You have the right to review and/or obtain a copy of your healthcare records, with the exception of psychotherapy notes, or information compiled for use (or in anticipation for use) in a civil, criminal, or administrative action or proceeding. Recovery Waters Physical Therapy may deny access under other circumstances, in which case you have the right to have such a denial reviewed. We may charge a reasonable fee for copying your records.

You may request that Recovery Waters Physical Therapy send protected health information, including billing information, to you by alternative means or to alternative locations. You may also request that Recovery Waters Physical Therapy not send information to a particular address or location or contact you at specific locations, such as your place of employment. This request must be submitted in writing. We will accommodate reasonable requests by you.

You have the right to be notified if your unsecured health information is breached.

You have the right to request that Recovery Waters Physical Therapy amend portions of your healthcare records, as long as such information is maintained by us. You must submit this request in writing, and under certain circumstances, the request may be denied.

You may request to receive an accounting of the disclosures of your protected health information made by Recovery Waters Physical Therapy for the six years prior to the date of the request. We are not required, however, to record disclosures we make pursuant to a signed consent or authorization.

You may request to receive a paper copy of the notice, if you have previously received or agreed to receive the notice electronically.

Any person or patient may file a complaint with Recovery Waters Physical Therapy and/or the Secretary of Health and Human Services if they believe their rights have been violated. To file a complaint with Recovery Waters Physical Therapy, please contact the Privacy Office at the following:

Privacy Officer: c/o Recovery Waters Physical Therapy 9131 E Frontage Rd, Ste 1, Palmer, AK 99645 907-331-6992

It is the policy of Recovery Waters Physical Therapy that no retaliatory action will be made against any individual who submits or conveys a complaint of suspect or actual non-compliance or violation of the privacy standards.