

## HIPAA Notice

Salutation Fitness and Wellness LLC  
NOTICE OF PRIVACY PRACTICES

THIS NOTICE DESCRIBES HOW YOUR HEALTH INFORMATION MAY BE USED AND DISCLOSED AND HOW YOU CAN GET ACCESS TO THIS INFORMATION. PLEASE REVIEW IT CAREFULLY.

This Notice of Privacy Practices is mandated by the Health Insurance Portability and Accountability Act of 1996 (“**HIPAA**”). It describes how we may use and disclose your protected health information to carry out coaching or payment and for other purposes that are permitted or required by law. It also describes your rights to access and control your protected health information. “**Protected health information**” is information about you, including demographic information, that may identify you and that relates to your past, present or future physical or mental health or condition; related health care services; or related to the past, present, or future payment for the provision of coaching services to you.

We are required to abide by the terms of this Notice of Privacy Practices. We may change the terms of our notice at any time. Any such new notice will be effective for all protected health information that we maintain at that time. Upon your request, you may obtain any revised Notice of Privacy Practices by downloading from our website. You acknowledge receipt of this notice by accepting Terms & Conditions for using the Services provided by Salutation Fitness and Wellness LLC.

### **1. Uses and Disclosures of Protected Health Information**

#### **USES AND DISCLOSURES OF PROTECTED HEALTH INFORMATION BASED UPON YOUR WRITTEN CONSENT**

Your protected health information may be used and disclosed by Salutation Fitness and Wellness LLC and its affiliates (like Rd’s or allied team) and others outside Salutation Fitness and Wellness LLC that are involved in your coaching for the purpose of providing best services to you, only if, you provide written consent for it. Your protected health information may also be used and disclosed as necessary to pay health care bills (if it is in the provider’s list) and to otherwise support the operation of Salutation Fitness and Wellness LLC.

Others Involved in Your Healthcare: Unless you permit, we will not disclose to a member of your family, a relative, a close friend or any other person you identify, your protected health information that directly relates to that person’s involvement in your health care.

Emergencies: In an emergency situation, we may have to use or disclose your protected health information in a context in which consent for the release of information has not already been given. If this happens, Salutation Fitness and Wellness LLC will try to obtain your consent to the release of information as soon as reasonably practicable after you get emergency treatment by competent professionals and after you recover.

#### **OTHER PERMITTED AND REQUIRED USES AND DISCLOSURES THAT MAY BE MADE WITHOUT YOUR CONSENT, AUTHORIZATION OR OPPORTUNITY TO OBJECT**

There are other circumstances in which we may have to use or disclose your protected health information, even without your consent or authorization. These situations include:

Communication Barriers: If Salutation Fitness and Wellness LLC attempts to obtain consent from you but is unable to do so due to substantial communication barriers and Salutation Fitness and Wellness LLC determines, using professional judgment, that you would consent to the use or disclosure under the circumstances, we may use and disclose your protected health information.

Disclosure Required By Law: We may use or disclose your protected health information to the extent that the use or disclosure is required by law. The use or disclosure will be made in compliance with the law and will be limited to the relevant requirements of the law. You will be notified, as required by law, of any such uses or disclosures.

Public Health: We may disclose your protected health information for public health activities and purposes to a public health authority that is permitted by law to collect or receive the information. The disclosure will be made for the purpose of controlling disease, injury or disability. We may also disclose your protected health information, if directed by the public health authority, to a government agency that is collaborating with the public health authority.

Communicable Diseases: We may disclose your protected health information, if authorized by law, to a person who may have been exposed to a communicable disease or may otherwise be at risk of contracting or spreading the disease or condition.

Health Oversight: We may disclose protected health information to a health oversight agency for activities authorized by law, such as audits, investigations, and inspections. Oversight agencies seeking this information include government agencies that oversee the health care system, government benefit programs, other government regulatory programs and civil rights laws.

Abuse or Neglect: We may disclose your protected health information to a government authority that is authorized by law to receive reports of child abuse or neglect. In addition, we may disclose your protected health information if we believe that you have been a victim of abuse, neglect or domestic violence to the governmental entity or agency authorized to receive such information. In this case, the disclosure will be made consistent with the requirements of applicable federal and state laws.

Food and Drug Administration: We may disclose your protected health information to a person or company required by the Food and Drug Administration to report adverse events, product defects or problems, biologic product deviations, track products; to enable product recalls; to make repairs or replacements; or to conduct post marketing surveillance, as required.

Legal or Administrative Proceedings or Investigations: We may disclose protected health information in the course of any judicial or administrative proceeding or investigation, in response to an order of a court or administrative tribunal (to the extent such disclosure is expressly authorized), in certain conditions in response to a subpoena, discovery request or other lawful process or request.

Law Enforcement: We may disclose protected health information, so long as applicable legal requirements are met, for law enforcement purposes. These law enforcement purposes include requests: (1) pursuant to legal processes or as otherwise required by law; (2) for limited information for identification and location purposes; (3) pertaining to potential victims of a crime; (4) relating to suspicion that a death has occurred as a result of criminal conduct; (5) in the event that a crime occurs at Salutation Fitness and Wellness LLC ; or (6) relating to a medical emergency (Salutation Fitness and Wellness LLC) and it is necessary to alert law enforcement regarding a potential crime.

Coroners, Funeral Directors, and Organ Donation: We may disclose protected health information to a coroner or medical examiner for identification purposes, determining cause of death or for the coroner or medical examiner to perform other duties authorized by law. We may also disclose protected health information to a funeral director, as authorized by law, in order to permit the funeral director to carry out his/her duties. We may disclose such information in reasonable anticipation of death. protected health information may be used and disclosed for cadaveric organ, eye or tissue donation purposes.

Threat to Public Safety: Consistent with applicable federal and state laws, we may disclose your protected health information, if we believe that the use or disclosure is necessary to prevent or lessen a serious and imminent threat to the health or safety of a person or the public. We may also disclose protected health information if it is necessary for law enforcement authorities to identify or apprehend an individual.

Research. We may use or disclose your protected health information without your consent or authorization if an Institutional Review Board or Privacy Board approves a waiver of authorization for such disclosure.

Information Not Personally Identifiable. We may use or disclose your protected health information in ways that do not personally reveal your identity.

## **2. Your Rights**

Set forth below is a statement of your rights with respect to your protected health information and a brief description of how you may exercise these rights.

You have the right to inspect and copy your protected health information. This means you may inspect and obtain a copy of protected health information about you that is contained in a designated record set for as long as we maintain the protected health information.

You have the right to request a restriction on the use or disclosure of your protected health information. This means you may ask us not to use or disclose any part of your protected health information for the purposes of coaching or payment. You may also request that any part of your protected health information not be disclosed to family members or friends who may be involved in your coaching and other services or for notification purposes as described in this Notice of Privacy Practices. Your request must state the specific restriction requested and to whom you want the restriction to apply.

If Salutation Fitness and Wellness LLC does agree to a requested restriction, we may not use or disclose your protected health information in violation of that restriction unless it is needed to provide emergency care for you. With this in mind, please discuss any restriction you wish to request in advance with the Privacy Contact listed below.

You have the right to request to receive confidential communications of your protected health information from Salutation Fitness and Wellness LLC by email or alternative means or at an alternative location. We will accommodate reasonable requests. We also may condition this accommodation by asking you for information as to how payment will be handled or specification of an alternative address or other method of contact. We will not request an explanation from you as to the basis for the request. Please make such requests in writing.

### **3. Electronic Communications**

You may always contact us at [salutationfitnessandwellness@gmail.com](mailto:salutationfitnessandwellness@gmail.com) and choose to communicate with us electronically. However, we warn you that we can make no guarantee that the email will be or will remain encrypted during the data transfer, and that there may be some level of risk that the information in the email could be read by a third party. By communicating with us via email, and, especially by making a request(s) to receive your information via unencrypted email, you acknowledge that you are aware that email is not a secure method of communication, and that you agree to the risks.

### **4. Complaints**

You may complain to us at [salutationfitnessandwellness@gmail.com](mailto:salutationfitnessandwellness@gmail.com)

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