

Notice of Privacy Practices

Shifa Therapy LLC
725 River Road, Suite 32, #156
Edgewater, NJ 07020
(551) 325-4715
sjb@shifatherapynj.com

NOTICE OF PRIVACY PRACTICES

This notice describes how health information may be used and disclosed by Shifa Therapy LLC and how you can get access to this information. Please review it carefully. This notice went into effective on January 1, 2022.

MY PLEDGE REGARDING HEALTH INFORMATION

I understand that health information about you and your health care is personal. I am committed to protecting health information about you. I create a record of the care and services you receive from me. I need this record to provide you with quality care and to comply with certain legal requirements. This notice applies to all of the records of your care generated by my practice, Shifa Therapy LLC. This notice will tell you about the ways in which I may use and disclose health information about you. I also describe your rights to the health information I keep about you, and describe certain obligations I have regarding the use and disclosure of your health information.

I am required by law to:

1. Make sure that protected health information (PHI) that identifies you is kept private.
2. Give you this notice of my legal duties and privacy practices with respect to health information.
3. Follow the terms of the notice that is currently in effect.
4. Inform you that I can change the terms of this notice, and such changes will apply to all information I have about you. The new notice will be available upon request at my telehealth office and on my website.

HOW I MAY USE AND DISCLOSE HEALTH INFORMATION ABOUT YOU

The following categories describe different ways that I use and disclose health information. For each category of users or disclosures, I will explain what I mean and try to give some examples. Not every use or disclosure in a category will be listed. However, all of the ways I am permitted to use and disclose information will fall within one of the categories.

1. Treatment payment or health operations: Federal privacy rules (regulations) allow healthcare providers who have direct treatment relationships with the client to use or disclose the client's personal health information without the patient's written authorization to carry out treatment, payment, and health care operations. I may also disclose your protected health information for the purposes of consultation. This too can be done without your written authorization. For example, if a clinician were to consult with another licensed healthcare provider about your condition, we would be permitted to use and disclose your personal health information, which is otherwise confidential, in order to assist the clinician in diagnosis and treatment of your mental health condition. Disclosures for treatment purposes are not limited to the minimum necessary standard because therapists and other healthcare providers need access to full and complete information in order to provide quality care. The word "treatment" includes, among other things, the coordination and management of healthcare providers with a third party, consultations between healthcare providers, and referrals of a client for health care from one provider to another.
2. Lawsuits and disputes: If you are involved in a lawsuit, I may disclose health information in response to a court or administrative order. I may also disclose health information about your child, if applicable, in response to a subpoena, discovery request, or other lawful process by someone else involved in the dispute, but only if efforts have been made to tell you about the request or to obtain an order protecting the information requested.

CERTAIN USES AND DISCLOSURES REQUIRING YOUR AUTHORIZATION

1. Psychotherapy notes: I keep "psychotherapy notes" as that term is defined in 45 CFR § 164.501, and any use or disclosure of such notes requires your authorization, unless the use or disclosure is:
 - a. For my use in treating you.
 - b. For my use in training or supervising mental health practitioners to help them improve their skills in individual, family, or group counseling or therapy.
 - c. For use by the Secretary of Health and Human Services to investigate my compliance with HIPAA.
 - d. Required by law, where the use or disclosure is limited to the requirements of such law.

- e. Required by law, for certain health oversight activities pertaining to the originator of the psychotherapy notes.
 - f. Required by a coroner who is performing duties authorized by law.
 - g. Required to help avert a serious threat to the health and safety of others.
2. Marketing purposes: As a psychotherapist, I will not use or disclose your PHI for marketing purposes.
 3. Sale of PHI: As a psychotherapist, I will not sell your PHI in the regular course of my business.

CERTAIN USES AND DISCLOSURES THAT DO NOT REQUIRE YOUR AUTHORIZATION

Subject to certain limitations of the law, I can use and disclose your PHI without your authorization for the following reasons:

1. When disclosure is required by state or federal law, and the use or disclosure complies with and is limited to the relevant requirements of such law.
2. For public health activities, including reporting suspected child, elder, or dependent adult abuse, or preventing or reducing a serious threat to anyone's health or safety. I am a mandated reporter by law.
3. For health oversight activities, including audits and investigations.
4. For judicial and administrative proceedings, including responding to a court or administrative order, although my preference is to obtain an authorization from you before doing so.
5. For law enforcement purposes, including reporting crimes occurring on my premises or in support of a victim of a crime.
6. To coroners or medical examiners, when such individuals are performing duties authorized by law.
7. For research purposes, including studying and comparing the mental health of patients who received one form of therapy versus those who received another form of therapy for the same condition.
8. For specialized government functions, including ensuring the proper execution of military missions, national security, protecting the President of the United States, conducting intelligence or counter-intelligence operations, or helping to ensure the safety of those working within or housed in correctional institutions.
9. For workers' compensation purposes. Although my preference is to obtain an authorization from you, I may provide your PHI in order to comply with workers' compensation laws.
10. For appointment reminders and health-related benefits or services. I may use and disclose your PHI to contact you to remind you that you have an appointment with me. I may also use and disclose your PHI to tell you about treatment alternatives or other health-related services I offer.
11. For individuals you have given the right to power of attorney, granting them the ability to make decisions about your health care and exercise your rights.

CERTAIN USES AND DISCLOSURES REQUIRING YOU TO HAVE THE OPPORTUNITY TO OBJECT

1. Disclosures to family, friends, or others. I may provide your PHI to a family member, friend, or other person that you indicate is involved in your care or the payment for your health care, unless you object in whole or in part. The opportunity to consent may be obtained retroactively in emergency situations.
2. You may also authorize the release of information to designated individuals in advance and have the right to revoke these authorizations.

YOUR RIGHTS WITH RESPECT TO YOUR PHI

1. The right to request limits on uses and disclosures of your PHI. You have the right to ask me not to use or disclose certain PHI for treatment, payment, or health care operations purposes. I am not required to agree to your request, and I may decline if I believe it would affect your health care.
2. The right to request restrictions for out-of-pocket expenses paid for in-full. You have the right to request restrictions on disclosures of your PHI to health plans for payment or health care operations purposes if the PHI pertains solely to a health care item or a health care service that you have paid for out-of-pocket in full.
3. The right to choose how I send PHI to you. You have the right to ask me to contact you in a specific way (e.g., cell phone or email) or to send mail to a different address, and I will agree with all reasonable requests.
4. The right to see and get copies of your PHI. Other than "psychotherapy notes," you have the right to get an electronic or paper copy of your record and other information that I have about you. I will provide you with a copy of your record, or a summary of it if you agree to receive a summary, within 30 days of receiving your written request, and I may charge a reasonable, cost-based fee for this request.
5. The right to get a list of the disclosures I have made. You have the right to request a list of instances in which I have disclosed your PHI for purposes other than treatment, payment, or health care operations, or for which you provided me with an authorization. I will respond to your request for an accounting of disclosures within 60 days of receiving your request. If you make an additional request within 365 days, I may charge you a reasonable, cost-based fee for this request.
6. The right to correct or update your PHI. If you believe that there is a mistake in your PHI, or that a piece of important information is missing from your PHI, you have the right to request that I correct the existing information

or add the missing information. I may decline your request, but I will tell you why in writing within 60 days of receiving your request.

7. The right to get a paper or electronic copy of this notice. You have the right get a paper copy of this notice, and you have the right to get a copy of this notice by e-mail.

EXERCISING YOUR RIGHTS AND GRIEVANCE PROCESSES

1. To exercise your rights under HIPAA surrounding your PHI, please contact the Practice in writing to the following address:

Shifa Therapy LLC
725 River Road, Suite 32, #156
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2. If you believe your rights under HIPAA were violated, you have the right to file a complaint in writing with the New Jersey State Board of Marriage and Family Therapy Examiners:

- a. The Professional Counselor Examiners Committee may be reached at 124 Halsey Street, 6th Floor, P.O. Box 45044, Newark, NJ 07101 or by calling (973) 504-6582.

- b. The Alcohol and Drug Counselor Committee may be reached at 124 Halsey Street, 6th Floor, P.O. Box 45040, Newark, NJ 07101 or by calling (973) 504-6582.

3. Shifa Therapy LLC will not retaliate against you for filing a complaint.

ACKNOWLEDGMENT OF RECEIPT OF PRIVACY NOTICE

Under the Health Insurance Portability and Accountability Act of 1996 (HIPAA), you have certain rights regarding the use and disclosure of your protected health information. You are acknowledging that you have reviewed and received a copy of this HIPAA Notice of Privacy Practices.

BY SIGNING BELOW, I AM AGREEING THAT I HAVE READ, UNDERSTOOD, AND AGREE TO THE ITEMS CONTAINED IN THIS DOCUMENT.