



## **NOTICE OF PRIVACY PRACTICES**

This notice describes how medical information about you may be used and disclosed and how you can get access to this information. Please review it carefully.



## **Your Rights**

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### ***You have the right to:***

- Get a copy of your paper or electronic medical record
- Correct your paper or electronic medical record
- Request confidential communication
- Ask us to limit the information we share
- Get a list of those with whom we've shared your information
- Get a copy of this privacy notice
- Choose someone to act for you
- File a complaint if you believe your privacy rights have been violated

**When it comes to your health information, you have certain rights.** This section explains your rights and some of our responsibilities to help you.

### **Get an electronic or paper copy of your medical record**

- You can ask to see or get an electronic or paper copy of your medical record and other health information we have about you. Ask us how to do this.
- We will provide a copy or a summary of your health information, usually within 30 days of your request. We may charge a reasonable, cost-based fee.

### **Ask us to correct your medical record**

- You can ask us to correct health information about you that you think is incorrect or incomplete. Ask us how to do this.
- We may say "no" to your request, but we'll tell you why in writing within 60 days.



### **Request confidential communications**

- You can ask us to contact you in a specific way (for example, home, office, or cell phone) or to send mail to a different address.
- We will say “yes” to all reasonable requests.

### **Ask us to limit what we use or share**

- You can ask us not to use or share certain health information for treatment, payment, or our operations. We are not required to agree to your request, and we may say “no” if it would affect your care. If we agree to your request, we may still share this information in the event that you need emergency treatment.
- If you pay for a service out-of-pocket in full, you can ask us not to share that information for the purpose of payment or our operations with your health insurer. We will say “yes” unless a law requires us to share that information.

### **Get a list of those with whom we’ve shared information**

- You can ask for a list (accounting) of the times we’ve shared your health information for six years prior to the date you ask, who we shared it with, and why.
- We will include all the disclosures except for those about treatment, payment, and health care operations, and certain other disclosures (such as any you asked us to make). We’ll provide one accounting a year for free but will charge a reasonable, cost-based fee if you ask for another one within 12 months.

### **Get a copy of this privacy notice**

You can ask for a paper copy of this notice at any time, even if you have agreed to receive the notice electronically. We will provide you with a paper copy promptly.

### **Choose someone to act for you**

- If someone has authority to act as your personal representative, such as if someone has your medical power of attorney or if someone is your legal guardian, that person can exercise your rights and make choices about your health information.
- We will make sure the person has this authority and can act for you before we take any action.

### **File a complaint if you feel your rights are violated**

- If you are concerned that we have violated your privacy rights or you disagree with a decision that we made about access to your records, you may make a complaint to Nutritious Thoughts
- You can file a complaint with the U.S. Department of Health and Human Services Office for Civil Rights by sending a letter to 200 Independence Avenue, S.W., Washington, D.C. 20201, calling 1-877-696-6775, or visiting [www.hhs.gov/ocr/privacy/hipaa/complaints/](http://www.hhs.gov/ocr/privacy/hipaa/complaints/).
- We will not retaliate against you for filing a complaint.



# Your Choices

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***You have some choices in the way that we use and share information as we:***

- Tell family and friends about your condition
- Provide disaster relief
- Market our services and sell your information
- Raise funds

**For certain health information, you can tell us your choices about what we share.** If you have a clear preference for how we share your information in the situations described below, talk to us. Tell us what you want us to do, and we will follow your instructions.

In these cases, you have both the right and choice to tell us to:

- Share information with your family, close friends, or others involved in your care or payment for your care
- Share information in a disaster relief situation

*If you are not able to tell us your preference, for example if you are unconscious, we may go ahead and share your information if we believe it is in your best interest. We may also share your information when needed to lessen a serious and imminent threat to health or safety.*

In these cases, we never share your information unless you give us written permission:

- Marketing purposes
- Sale of your information

In the case of fundraising:

- We may contact you for fundraising efforts using limited information, but you can tell us not to contact you again.

If your records contain SUD information, we will not use or disclose that information for fundraising without your written consent.



# Our Uses and Disclosures

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***We may use and share your information as we:***

- Treat you
- Run our organization
- Bill for your services
- Help with public health and safety issues
- Do research
- Comply with the law
- Respond to organ and tissue donation requests
- Work with a medical examiner or funeral director
- Address workers' compensation, law enforcement, and other government requests
- Respond to lawsuits and legal actions

If your records contain information about substance use disorder (SUD), subject to 42 CFR part 2, we will not share that information for investigations or legal proceedings against you without (1) your written consent or (2) a court order and a subpoena.

## **How do we typically use or share your health information?**

We typically use or share your health information in the following ways.

### **Treat you**

We can use your health information and share it with other professionals who are treating you.

*Example: A doctor treating you for an injury asks another doctor about your overall health condition.*

### **Run our organization**

We can use and share your health information to run our practice, improve your care, and contact you when necessary.

*Example: We use health information about you to manage your treatment and services.*

### **Bill for your services**

We can use and share your health information to bill and get payment from health plans or other entities. We may also disclose information to someone who is involved with your care or helps pay for your care.

*Example: We give information about you to your health insurance plan so it will pay for your services.*



## **Business Associates**

We can use and share your health information with business associates that assist us in business and other administrative operations. Business associates include people or companies outside of Nutritious Thoughts who provide services to us. For example, health information may be disclosed by us to a vendor to send statements and process payment for services rendered. Our business associates must comply with HIPPA laws, and we have agreements with them to protect the privacy and security of your health information.

## **Appointment Reminders & Use of Contact Information**

By supplying your telephone number, email address and other personal contact information you are authorizing us to use and disclose your health information to contact you. Messages may include the name of your provider, the time and place of your scheduled appointment(s), and other limited information, for the purposes of notifying you of a pending appointment, a missed appointment, or balance due. We may notify you about your appointment utilizing an automated phone system, text message, a personal call, email, or by mail. This notification may involve leaving a message on an answering machine or other automated or electronic equipment for such purposes. If you are not home, we may leave this information on your answering machine or in a message left with the person answering the phone.

## **How else can we use or share your health information?**

We are allowed or required to share your information in other ways – usually in ways that contribute to the public good, such as public health and research. We have to meet many conditions in the law before we can share your information for these purposes.

In all cases, including those listed below, if we have substance use disorder records about you, subject to 42 CFR part 2, we cannot use or share information in those records in civil, criminal, administrative, or legislative investigations or proceedings against you without (1) your consent or (2) a court order and a subpoena.

## **Help with public health and safety issues**

We can share health information about you for certain situations such as:

- Preventing disease
- Helping with product recalls
- Reporting adverse reactions to medications
- Reporting suspected abuse, neglect, or domestic violence
- Preventing or reducing a serious threat to anyone's health or safety

## **Do research**

We can use or share your information for health research.



### **Comply with the law**

We will share information about you if state or federal laws require it, including with the Department of Health and Human Services if it wants to see that we're complying with federal privacy law.

### **Respond to organ and tissue donation requests**

We can share health information about you with organ procurement organizations.

### **Work with a medical examiner or funeral director**

We can share health information with a coroner, medical examiner, or funeral director when an individual dies.

### **Address workers' compensation, law enforcement, and other government requests**

We can use or share health information about you:

- For workers' compensation claims
- For law enforcement purposes or with a law enforcement official
- With health oversight agencies for activities authorized by law
- For special government functions such as military, national security, and presidential protective services

### **Respond to lawsuits and legal actions**

We can share health information about you in response to a court or administrative order, or in response to a subpoena.

### **Other uses and disclosures**

In order to use or disclose your health information for any reasons other than those stated in this notice (or as otherwise permitted or required by law), we will need a written authorization from you. Authorizations can be provided using Nutritious Thoughts' *Authorization for Release of Protected Health Information* form and will specify the entity to which you are authorizing disclosure.

Any written authorizations that you provide will remain in effect for all dates of service at Nutritious Thoughts and shall remain in effect until the occurrence of your written revocation or until the minor client reaches the legal age of majority. If you revoke an authorization, please be aware that revocation will not impact any uses or disclosures that occurred while the authorization was in effect.



## Our Responsibilities

- We are required by law to maintain the privacy and security of your protected health information.
- We will let you know promptly if a breach occurs that may have compromised the privacy or security of your information.
- We must follow the duties and privacy practices described in this notice and give you a copy of it.
- We will not use or share your information other than as described here unless you tell us we can in writing. If you tell us we can, you may change your mind at any time. Let us know in writing if you change your mind.

## Changes to the Terms of this Notice

We can change the terms of this notice, and the changes will apply to all information we have about you. The new notice will be available upon request, in our office, and on our website.

**Effective Date: February 16, 2026**



## Contact Information

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Nutritious Thoughts, LLC

Mailing Address/Main Office: 31 College Place, Suite 200, Asheville, NC 28801

### Satellite Offices:

1612 Asheville Hwy, Suite 1, Hendersonville, NC 28791-3466

341 Kilmayne Drive, Suite 104, Cary, NC 27511

Phone: 828-333-0096

Fax: 828-505-8772

Email: [AdminTeam@Nutritious-Thoughts.com](mailto:AdminTeam@Nutritious-Thoughts.com)

[Nutritious-Thoughts.com](http://Nutritious-Thoughts.com)

If you have questions about this notice or believe your privacy rights have been violated, you may contact our Privacy Officer:

Attn: Margaret Ruch

Phone: 828-333-0096

Email: [Margaret@Nutritious-Thoughts.com](mailto:Margaret@Nutritious-Thoughts.com)