

Notice of Privacy Practices

04.04.2025

This Notice describes how your health information may be used and disclosed, and how you can access your information. Please review it carefully. At Changes Within Wellness Clinic, we are committed to protecting the privacy of your health information. This notice explains how we may use and share your personal health information (PHI), as well as your rights and our responsibilities under the Health Insurance Portability and Accountability Act (HIPAA).

We may use and disclose your health information for treatment, payment, and healthcare operations. For example, your information may be shared with other healthcare providers involved in your care, or with our staff for scheduling and administrative tasks. Because we are a cash-based clinic, we do not submit claims to insurance, but we may still use your information to process internal billing or to provide documentation upon your request.

In some cases, we may use or disclose your information without your written permission, as permitted or required by law. These situations may include reporting to public health authorities, responding to legal proceedings, or preventing a serious threat to your health or safety. Outside of these circumstances, we will not share your information without your express written authorization, and you may revoke that authorization at any time.

You have the right to view and request a copy of your health records. You also have the right to request corrections to your records if you believe something is inaccurate or incomplete. In addition, you may request restrictions on how your information is used or shared, although we are not legally required to agree to those restrictions. You may also request to receive confidential communications by alternative means, such as through a different phone number or email address.

We are required by law to maintain the privacy and security of your protected health information and to notify you 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 provide you with a copy of it.

We may update this Notice at any time, and any changes will apply to all the information we have about you. The most current version will always be available in our office and on our website. If you have any questions about this Notice, or if you wish to exercise any of your privacy rights, please contact us at Changes Within Wellness Clinic.

Thank you for trusting us with your care.

Dayna Rogers D.C.