

# JOINT NOTICE OF PRIVACY PRACTICES FOR PROTECTED HEALTH INFORMATION

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

This Notice of Privacy Practices (the "Notice") describes the joint privacy practices of the following service delivery sites ("covered entities"): True You Weight Loss, PLLC (CARY, NC) and True You Weight Loss, LLC (ATLANTA, GA), **collectively known as 'True You Weight Loss'**. The covered entities participating in the organized health care arrangement will share protected health information with each other, as necessary to carry out treatment, payment, health care operations, and/or other permitted disclosures as described in this Notice and relating to their organized health care arrangement.

## Introduction

True You Weight Loss is required by law to maintain the privacy of protected health information and provide individuals with notice of our legal duties and privacy practices with respect to protected health information. This *Joint Notice of Privacy Practices for Protected Health Information* describes the protected health information we collect, and how and when we use or disclose that information. It also describes your rights as they relate to your protected health information. This notice is effective February 10, 2024, and applies to all protected health information as defined by federal regulations. True You Weight Loss is required by law to abide by the terms of this Notice currently in effect.

## Understanding Your Health Record/Information

Each time you visit True You Weight Loss, a record of your visit will be made. Typically, this record contains your symptoms, examination and test results, diagnoses, treatment, and a plan for future care or treatment. This information, often referred to as your health or medical record, serves as a:

- Basis for planning your care and treatment,
- Means of communication among the many health professionals who contribute to your care.
- Legal document describing the care you received
- Means by which you or a third-party payer can verify that services billed were actually provided
- A tool in educating health professionals,
- A source of data for medical research
- A source of information for public health officials charged with improving the health of this state and the nation,
- A source of data for our planning and marketing, and a tool with which we can assess and continually work to improve the care we render and the outcomes we achieve.

Understanding what is in your record and how your health information is used helps you to: ensure its accuracy; better understand who, what, when, where, and why others may access your health information; and make more informed decisions when authorizing disclosure to others.

## Your Protected Health Information Rights

Although your health care record is the physical property of True You Weight Loss, the information belongs to you. By law, you have the right to:

- Obtain a paper copy of this notice of information practices upon request,
- Inspect and copy your health record as provided for in 45 CFR 164.524,
- Amend your health record as provided in 45 CFR 164.526,
- Obtain an accounting of disclosures of your health information by alternative means or at alternate locations
- Request a restriction on certain uses and disclosures of your information as provided by 45 CFR 164.522, and revoke your authorization to use or disclose health information except to the extent that action has already been taken
- Obtain a copy of your PHI maintained electronically by the True You Weight Loss
- To restrict certain disclosures of PHI to a health plan where you or someone on your behalf pays out of pocket for the health care item or service provided
- To be notified following a breach of their unsecured PHI

- The applicable time frames for an individual's access to his or her PHI

## Our Responsibilities

True You Weight Loss is required by law to:

- Maintain the privacy of your health information,
- Provide you with this notice as to our legal duties and privacy practices with respect to the information we collect and maintain about you,
- Abide by the terms of this notice,
- Notify you if we are able or unable to agree to a requested restriction
- Accommodate reasonable requests you may have to communicate health information by alternative means or at alternative locations
- Gain your authorization for other uses and disclosures not described in this Notice

We will discontinue using or disclosing your health information after we have received a written revocation of the authorization according to the procedures included in the authorization. Your decision to revoke the authorization will not affect or undo any use of disclosure of information that occurred before you notified us of your decision.

## For More Information or to Report a Problem

If you have questions and would like additional information, you may contact the practice's Privacy Officer at (919) 689-5189 or [privacy@trueyouweightloss.com](mailto:privacy@trueyouweightloss.com). If you believe your privacy rights have been violated, you can file a complaint with the practice's Privacy Officer, or with the Office of Civil Rights, U.S., or with the Department of Health and Human Services. There will be no retaliation for filing a complaint with either the Privacy Officer or the Office of Civil Rights. The address for the OCR is listed below:

*Office for Civil Rights*  
U.S. Department of Health and Human Services  
200 Independence Avenue, S.W.  
Room 509F, HHH Building  
Washington, D.C. 20201

# Disclosures That May be Made Without Written Approval per [45 CFR § 164.501](#) and North Carolina and Georgia State Law

## *We will use your health information for treatment*

For example, Information obtained by a nurse, physician, or other members of your health care team will be recorded in your record and used to determine the course of treatment that should work best for you. Your physician will document in your record his or her expectations of the members of your health care team. Members of your health care team will then record the actions they took and their observations. In that way, the physician will know how you are responding to treatment. We will also provide your physician or a subsequent health care provider with copies of various reports that should assist him or her in treating you once you're discharged from this office.

## *We will use your health information for payment*

For example, A bill may be sent to you or a third-party payer. The information on or accompanying the bill may include information that identifies you, as well as your diagnosis, procedures, and supplies used.

## *We will use your health information for regular health operations*

For example, Members of the medical staff, the risk or quality improvement manager, or members of the quality improvement team may use information in your health record to assess the care and outcomes in your case and others like it. This information will then be used in an effort to continually improve the quality and effectiveness of the healthcare and service we provide.

# Further Disclosures That May be Made Without Written Approval

*Business associates:* There are some services provided in our organization through contacts with business associates. Examples include physician services in the emergency department and radiology, certain laboratory tests, and a copy service we use when making copies of your health record. When these services are

contracted, we may disclose your health information to our business associate so they can perform the job we've asked them to do and bill you or your third-party payer for services rendered. To protect your health information, however, we require the business associate to appropriately safeguard your information.

*Directory:* Unless you notify us that you object, we will use your name, location in the facility, general condition, and religious affiliation for directory purposes. This information may be provided to members of the clergy and, except for religious affiliation, to other people who ask for you by name.

*Notification:* We may use or disclose information to notify or assist in notifying a family member, personal representative, or another person responsible for your care, your location, and general condition.

*Communication with family:* Health professionals, using their best judgment, may disclose to a family member, other relative, close personal friend or any other person you identify, health information relevant to that person's involvement in your care or payment related to your care.

*Research:* We may disclose information to researchers when their research has been approved by an institutional review board that has reviewed the research proposal and established protocols to ensure the privacy of your health information.

*Funeral directors:* We may disclose health information to funeral directors consistent with applicable law to carry out their duties.

*Organ procurement organizations:* Consistent with applicable laws. We may disclose health information to organ procurement organizations or other entities engaged in the procurement, banking, or transplantation of organs for the purpose of tissue donation and transplant.

*Marketing:* We may contact you to provide appointment reminders or information about treatment alternatives or other health-related benefits and services that may be of interest to you.

*Fund-raising:* We may contact you as part of a fundraising effort.

*Food and Drug Administration (FDA):* We may disclose to the FDA health information relative to adverse events with respect to food, supplements, product and product defects, or post-marketing surveillance information to enable product recalls, repairs, or replacement.

*Workers compensation:* We may disclose health information to the extent authorized by and to the extent necessary to comply with laws relating to workers compensation or other similar programs established by law.

*Public health:* As required by law, we may disclose your health information to public health or legal authorities charged with preventing or controlling disease, injury, or disability.

*Blood testing:* While you are receiving care, a health care worker may accidentally be exposed to blood or other fluids. If this occurs, your blood will be tested for the purpose of certain disease (for example, HIV, Hepatitis B and C). The tests are necessary to help protect the health care worker. The results of these tests will be part of your medical record and will not be released except with prior consent or as required or permitted by law.

*North Carolina Law:* In the event that North Carolina law requires us to give more protection to your health information than stated in this notice or required by Federal Law, we will give that additional protection to your health information.

*Georgia Law:* In the event that Georgia law requires us to give more protection to your health information than stated in this notice or required by Federal Law, we will give that additional protection to your health information.

*Law enforcement:* We may disclose health information for law enforcement purposes as required by law or in response to a valid subpoena.

Federal law provision for your health care information to be released to an appropriate health oversight agency, public health authority or attorney, provided that a work force member or business associate believes in good faith that we have engaged in unlawful conduct or have otherwise violated professional or clinical standards and are potentially endangering one or more patients, workers, or the public.

## Information about Updates to this Joint Notice

True You Weight Loss has the right to apply changes to privacy practices to protected health information that is created or received prior to receiving a revised notice, in accordance with [§ 164.530\(i\)\(2\)\(ii\)](#). If a revised Notice is created, it is effective for all private health information maintained by True You Weight Loss and the revised Joint Notice will be posted online at <https://trueyouweightloss.com/privacy-practices/> and physical copies will be maintained at True You Weight Loss sites.