



Notice of Privacy Practices

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

Effective Date: 5/8/2024

A. PURPOSE OF THIS NOTICE.

Care Simplified PLLC is committed to preserving the privacy of your health information. We are required by law to do so for any health information created or received by us. Care Simplified PLLC is required to provide this Notice of Privacy Practices (“Notice”) to you. The Notice tells you how we can and cannot use and disclose your health information. It also tells you about your rights and our legal duties concerning your health information.

Care Simplified PLLC is required to abide by this Notice and any future changes to the Notice that we are required or authorized by law to make. This Notice applies to the practices of:

- All Care Simplified PLLC employees, contractors, volunteers, students, residents, trainees, and service providers, including clinicians, who have access to health information.
- Any health care professional authorized to enter information into your Frontier health record.

For the rest of this Notice, “we” and “us” will refer to all services, service areas, and workers of Care Simplified PLLC. When we use the words “your health information,” we mean any information that you have given us about you and your health, any information that we have created, as well as information that we have received while we have taken care of you.

We will have a copy of the current Notice with an effective date posted on our website at <https://www.mycaresimplified.com>

B. USES AND DISCLOSURES OF HEALTH INFORMATION FOR TREATMENT, PAYMENT, AND HEALTH CARE OPERATIONS AT FRONTIER.



1. Treatment, Payment and Health Care Operations.

The following section describes different ways that we use and disclose health information for treatment, payment and health care operations without your authorization. For each of those categories, we explain what we mean. Not every use or disclosure will be noted and there may be incidental disclosures that are a byproduct of the listed uses and disclosures. The ways we use and disclose health information will fall within one of the categories.

a. For Treatment. Our providers may use your health information to provide you with medical treatment. We may also share your health information with students and trainees who, as a part of their educational programs (and while supervised by Care Simplified PLLC providers or other clinician types), are involved in your care. In most cases, we may share your health information with other providers who are treating you.

b. For Payment. We may use and disclose your health information so that we may bill and collect payment from you, an insurance company, or someone else for health care services you receive from Care Simplified PLLC. We may also tell your health plan about a treatment you are going to receive to obtain prior approval, or to determine whether your plan will pay for the treatment. For example, we may need to give your health plan information about a service that you received at Care Simplified PLLC so your health plan will pay us or reimburse you for the service.

c. For Health Care Operations. We may use and disclose your health information in order to run the necessary administrative, educational, quality assurance, and business functions at Care Simplified PLLC. For example, we may use your health information to evaluate the performance of our staff in caring for you. We may also use health information about patients to help us decide what additional services we should offer, how we can improve efficiency, or whether certain treatments are effective. Or we may give health information to physicians, nurses, technicians, or health profession students for review, analysis, and other teaching and learning purposes.

2. Fundraising Activities.

As a part of Care Simplified PLLC healthcare operations, we may use and disclose a limited amount of your health information internally to allow Care Simplified PLLC to contact you to raise money for Care Simplified PLLC. The health information released for these fundraising purposes can include your name, address, other contact information,



gender, age, date of birth, dates on which you received service, health insurance status, the outcome of your treatment at Care Simplified PLLC, and your treating provider or other clinician type's name. Any fundraising communications you receive from Frontier will include information on how you can elect not to receive any further fundraising communications from Care Simplified PLLC.

3. Uses and Disclosures You Can Limit.

a. Family and Friends. Unless you notify us that you object, we may provide your health information to individuals, such as family and friends, who are involved in your care or who help pay for your care. We may do this if you tell us we can do so, or if you know we are sharing your health information with these people and you don't stop us from doing so. There may also be circumstances when we can assume, based on our professional judgment, that you would not object. For example, we may assume you agree to our disclosure of your information to your spouse if your spouse accompanies you to your visit. Also, if you are not able to approve or object to disclosures, we may make disclosures to a particular individual (such as a family member or friend), that we feel are in your best interest and that relate to that person's involvement in your care. For example, if we become aware that you have been incapacitated, we may communicate certain information necessary for your treatment to family members, friends, and/or your health care provider(s). We may also make similar professional judgments about your best interests that allow another person to pick up such things as filled prescriptions or medical supplies.

C. OTHER PERMITTED USES AND DISCLOSURES OF HEALTH CARE INFORMATION.

We may use or disclose your health information without your permission in the following circumstances, subject to all applicable legal requirements and limitations:

1. Required By Law. As required by federal, state, or local law.
2. Public Health Activities. For public health reasons in order to prevent or control disease, injury or disability; or to report births, deaths, suspected abuse or neglect, nonaccidental physical injuries, reactions to medications, school immunizations under certain circumstances or problems with products.
3. Victims of Abuse, Neglect or Domestic Violence. To a government authority authorized by law to receive reports of abuse, neglect or domestic violence when we reasonably



believe you are the victim of abuse, neglect or domestic violence and other criteria are met.

4. Health Oversight Activities. To a health oversight agency for audits, investigations, inspections, licensing purposes, or as necessary for certain government agencies to monitor the health care system, government programs, and compliance with civil rights laws.

5. Lawsuits and Disputes. In response to a subpoena, discovery request or a court or administrative order, if certain criteria are met.

6. Law Enforcement. To a law enforcement official for law enforcement purposes as required by law; in response to a court order, subpoena, warrant, summons or similar process; for identification and location purposes if requested; to respond to a request for information on an actual or suspected crime victim; to report a crime in an emergency; to report a crime on Care Simplified PLLC premises or involving Care Simplified PLLC staff; or to report a death if the death is suspected to be the result of criminal conduct.

7. Coroners, Medical Examiners and Funeral Directors. To a coroner or medical examiner, (as necessary, for example, to identify a deceased person or determine the cause of death) or to a funeral director, as necessary to allow him/her to carry out his/her activities.

8. Organ and Tissue Donation. To organizations that handle organ procurement or organ, eye or tissue transplantation, or to an organ donation bank, as necessary to facilitate a donation and transplantation.

9. Research. For research purposes under certain limited circumstances. Research projects are subject to a special approval process. Therefore, we will not use or disclose your health information for research purposes until the particular research project, for which your health information may be used or disclosed, has been approved through this special approval process.

10. Serious Threat to Health or Safety; Disaster Relief. To appropriate individual(s)/organization(s) when necessary (i) to prevent a serious threat to your health and safety or that of the public or another person, or (ii) to notify your family members or persons responsible for you in a disaster relief effort.

11. Military. To appropriate domestic or foreign military authority to assure proper execution of a military mission, if required criteria are met.



12. National Security; Intelligence Activities; Protective Service. To federal officials for intelligence, counterintelligence, and other national security activities authorized by law, including activities related to the protection of the President, other authorized persons or foreign heads of state, or related to the conduct of special investigations.

13. Inmates. To a correctional institution (if you are an inmate) or a law enforcement official (if you are in that person's custody) as necessary (a) to provide you with health care; (b) to protect your or others' health and safety; or (c) for the safety and security of the correctional institution.

14. Workers' Compensation. As necessary to comply with laws relating to workers' compensation or similar work-related injury program.

D. WHEN WRITTEN AUTHORIZATION IS REQUIRED.

Other than for those purposes identified above in Sections B and C, we will not use or disclose your health information for any purpose unless you give us your specific written authorization to do so. Special circumstances that require an authorization include most uses and disclosures of your psychotherapy notes, certain disclosures of your test results for the human immunodeficiency virus or HIV, uses and disclosures of your health information for marketing purposes that encourage you to purchase a product or service, disclosure of your health information related to substance use disorder treatment, and for sale of your health information with some exceptions.

E. YOUR RIGHTS REGARDING YOUR HEALTH INFORMATION.

You have certain rights regarding your health information which we list below. In each of these cases, if you want to exercise your rights, you must do so in writing by submitting a request to Care Simplified PLLC 470 Boot Rd Unit 455, Downingtown, PA, 19335. In some cases, we may charge you for the costs of providing materials to you. You can get information about how to exercise your rights and about any costs that we may charge for materials by contacting Care Simplified PLLC at 406-924-3785.

1. With some exceptions, you have the right to inspect and get a copy of the health information Right to Inspect and Copy that we use to make decisions about your care. For the portion of your health record maintained in our electronic health record, you may request that we provide that information to or for you in an electronic format. If you make



such a request, we are required to provide that information for you electronically (unless we deny your request for other reasons). We will provide a copy of your health information, usually within thirty (30) days of your request. We may deny your request to inspect and/or copy in certain limited circumstances, and if we do this, you may ask that the denial be reviewed.

2. Right to Amend. You have the right to amend your health information maintained by or for Care Simplified PLLC, or used by Care Simplified PLLC to make decisions about you. We will require that you provide a reason for the request, and we may deny your request for an amendment if the request is not properly submitted, or if it asks us to amend information that (a) we did not create (unless the source of the information is no longer available to make the amendment); (b) is not part of the health information that we keep; (c) is of a type that you would not be permitted to inspect and copy; or (d) is already accurate and complete. If we deny your request, we will tell you why in writing within sixty (60) days.

3. Right to an Accounting of Disclosures. You have the right to request a list and description of certain disclosures by Care Simplified PLLC of your health information.

4. Right to Request Restrictions. You have the right to request a restriction or limitation on the health information we use or disclose about you (a) for treatment, payment, or health care operations, (b) to someone who is involved in your care or the payment for it, such as a family member or friend, or (c) to a health plan for payment or health care operations purposes when the item or service for which Care Simplified has been paid out of pocket in full by you or someone on your behalf (other than the health plan). For example, you could ask that we not use or disclose information about a service you had, a laboratory test ordered or a medical device prescribed for your care. Except for the request noted in 4(c) above, we are not required to agree to your request. Any time Care Simplified PLLC agrees to such a restriction, it must be in writing and signed by the Frontier Privacy Officer or his or her designee.

5. Right to Request Confidential Communications. You have the right to request that we communicate with you about health matters in a certain way or at a certain place. Care Simplified PLLC will accommodate reasonable requests. For example, you can ask that we only contact you at work or by mail.

6. Right to a Paper Copy of This Notice. You have the right to a paper copy of this Notice, whether or not you may have previously agreed to receive the Notice electronically.



7. Right to be Notified of a Breach. You have the right to be notified if there is a breach – a compromise to the security or privacy of your health information – due to your health information being unsecured. Care Simplified PLLC is required to notify you within sixty (60) days of discovery of a breach.

F. REVISIONS TO THIS NOTICE.

We have the right to change this Notice and to make the revised or changed Notice effective for health information we already have about you, as well as any information we receive in the future. Except when required by law, a material change to any term of the Notice may not be implemented prior to the effective date of the Notice in which the material change is reflected. Care Simplified PLLC will post the revised Notice on our website and provide you a copy of the revised notice upon your request.

G. QUESTIONS OR COMPLAINTS.

If you have any questions about this Notice, please contact Care Simplified PLLC at (406) 924-3785. If you believe your privacy rights have been violated, you may file a complaint with Care Simplified PLLC or with the Secretary of the Department of Health and Human Services. To file a complaint with Care Simplified PLLC, contact Care Simplified PLLC at (406) 924-3785.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue SW., Room 509F, HHH Building, Washington, D.C. 20201, 1-800-868-1019, 800-537- 7697 (TDD). Complaint forms are available at <https://www.hhs.gov/ocr/office/file/index.html>.

ACKNOWLEDGEMENT OF RECEIPT:

I have received notice of Care Simplified PLLC’s Privacy Practices.

Signature of Patient/Representative:

Date:

If signed by a person other than the patient, print name and state relationship and authority to do so.

Print Name of Representative:



Relationship to Patient: