

## Notice of Privacy Practices – Brief Version

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

### Our commitment to your privacy

Our practice is dedicated to maintaining the privacy of your personal health information as part of providing professional care. We are also required by law to keep your information private. These laws are complicated, but we must give you this important information. This pamphlet is a shorter version of the full, legally required NPP and you may have a copy of this to read and refer to it for more information. However, we can't cover all possible situations so please talk to me, the Privacy Officer, about any questions or problems.

We will use the information about your health which we get from you or from others mainly to provide you with **treatment**, to arrange **payment** for our services, and for some other business activities which are called, in the law, health care **operations**. After you read this NPP, we will ask you to sign a **Consent Form** to let us use and share your information. If you do not consent and sign this form, we cannot treat you.

If we want to use or disclose (send, share, release) your information for any other purposes, we will discuss this and we will ask you to sign an Authorization form to allow this.

Of course, we will keep your health information private but there are some times when the laws require us to use or share it. For example:

1. When there is a serious threat to your health and safety or the health and safety of another individual or the public. We will only share information with a person or organization who is able to help prevent or reduce the threat.
2. Some lawsuits and legal or court proceedings.
3. If a law enforcement official requires to do so.
4. For Workers Compensation and similar benefit programs.

There are some other situations like these but which don't happen very often. They are described in the longer version of the NPP.

### Your rights regarding your health information

1. You can ask us to communicate with you about your health and related issues in a particular way or at a certain place which is more private for you. For example, you can ask us to call you at home, and not at work to schedule or cancel an appointment. We will try our best to do as you ask.
2. You have the right to ask us to limit what we tell people involved in your care or the payment for your care, such as family members and friends.

CAMP HILL (Main Office/Billing Address)

207 House Ave, Suite 109  
Camp Hill, PA 17011

**LifeSpire, LLC**

[www.LifeSpirePA.com](http://www.LifeSpirePA.com)

717-745-6166

HERSHEY

523 W. Chocolate Ave, 2<sup>nd</sup> Floor  
Hershey, PA 17033

---

3. You have the right to look at the health information we have about you such as your medical and billing records. You can even get a copy of these records but we may charge you. Contact me, the Privacy Officer, to arrange how to see your records. See below.
4. If you believe the information in your records is incorrect or missing important information, you can ask us to make some kinds of changes (called amending) to your health information. You have to make this request in writing and send it to me, the Privacy Officer. You must tell me the reasons you want to make the changes.
5. You have the right to a copy of this notice. If we change this NPP, we will post the new version in the waiting area and you can always get a copy of the NPP from me, the Privacy Officer.
6. You have the right to file a complaint if you believe your privacy rights have been violated. You can file a complaint with me, the Privacy Officer, and with the Secretary of the Department of Health and Human Services. All complaints must be in writing. Filing a complaint will not change the health care we provide to you in any way.

If you have questions regarding this notice or our health information privacy policies, please contact me, the Privacy Officer, Jamie Bolton, PsyD by telephone 717-745-6166 or email [drjamiebolton@verizon.net](mailto:drjamiebolton@verizon.net)

The effective date of this notice is November 1, 2013.

Also, you may have other rights which are granted to you by the laws of our state and these may be the same or different from the rights described above. I will be happy to discuss these situations with you now or as they arise.

Adapted from Edward Zuckerman's (2006) book entitled *HIPAA Help*, published by Three Wishes Press