



Living Free Pelvic Floor Therapy and Wellness, LLC Notice of Privacy Practices

Living Free Pelvic Floor Therapy and Wellness, LLC

Effective Date: 12/9/2025

This Notice of Privacy Practices (“Notice”) describes how your protected health information (PHI) may be used and disclosed, and how you can access this information. We are committed to protecting your privacy and maintaining the confidentiality of your health information in compliance with the Health Insurance Portability and Accountability Act (HIPAA).

Please review this Notice carefully.

1. Our Responsibilities

We are required by law to:

- Maintain the privacy and security of your protected health information (PHI)
 - Provide you with this Notice outlining our legal duties and privacy practices
 - Notify you if a breach occurs that may compromise the privacy or security of your PHI
 - Follow the terms of this Notice currently in effect
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2. How We May Use and Disclose Your Health Information

Treatment

We may use and disclose your PHI to provide, coordinate, or manage your health care.

Example: Sharing information with your physician or another healthcare provider involved in your care.

Payment

We may use and disclose your PHI to obtain payment for the services we provide.

Example: Submitting information to your insurance company for reimbursement.

Healthcare Operations

We may use your PHI for activities necessary to operate our practice and ensure quality care.

Example: Quality improvement, staff training, auditing, or certification activities.

3. Other Uses and Disclosures Allowed or Required by Law

We may use or disclose your PHI without your authorization in the following situations, when permitted or required by law:

- **Public health and safety** (e.g., reporting suspected abuse or preventing a serious threat to health or safety)
 - **Health oversight activities** (e.g., audits or investigations)
 - **Legal proceedings** when required by a court order
 - **Law enforcement purposes**
 - **Workers' compensation** claims
 - **Research** under approved protocols
 - **Disclosures to coroners, medical examiners, or funeral directors**
 - **Government functions** (e.g., military or national security)
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4. Uses and Disclosures Requiring Your Authorization

We will obtain your written permission before using or disclosing your PHI for purposes not described in this Notice, including:

- Marketing communications
- Sale of your PHI
- Psychotherapy notes (if applicable)

You may revoke your authorization at any time in writing, except to the extent we have already taken action based on it.

5. Your Rights Regarding Your Health Information

You have the following rights regarding your PHI:

Right to Access

You may request to view or obtain a copy of your health records. We will provide them in paper or electronic format within the time required by law.

Right to Request Amendments

You may request corrections to your health information if you believe it is inaccurate or incomplete.

Right to an Accounting of Disclosures

You may request a list of certain disclosures we have made of your PHI.

Right to Request Restrictions

You may request restrictions on how we use or disclose your PHI. We are not required to agree, except in limited situations (e.g., self-pay services paid in full).

Right to Request Confidential Communications

You may request that we contact you in a specific way (e.g., alternate phone number or email).

Right to a Paper or Electronic Copy of This Notice

You may request a copy of this Notice at any time.

6. Our Commitment to Privacy and Security

We use administrative, technical, and physical safeguards to protect your PHI, including secure record systems, encrypted communication methods (when possible), and strict access controls. We comply with all HIPAA Privacy and Security Rule requirements for maintaining electronic PHI (ePHI).

7. Changes to This Notice

We may revise this Notice at any time. Updates will be posted on our website and available in our office. The revised Notice will apply to all PHI we maintain.

8. Questions or Complaints

If you have questions about this Notice or believe your privacy rights have been violated, you may contact:

Living Free Pelvic Floor Therapy and Wellness, LLC

Privacy Officer: Allison DeMaria, OTR/L

Address: 15 Cheshire Ct, Londonderry, NH 03053

Phone: 9788076189

Email: ademaria18@gmail.com

You may also file a complaint with the U.S. Department of Health and Human Services, Office for Civil Rights.

We will not retaliate against you for filing a complaint.

Thank you for trusting us with your care and your personal information.

We are committed to protecting your privacy and supporting your health.
