

Lincoln Disc and Nutrition Center, P.C.

Notice of Privacy Practices

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

Lincoln Disc and Nutrition Center, P.C. (referred to as "The Practice") in accordance with the federal Privacy Rule, 45 CFR parts 160 and 164 (the "Privacy Rule") and applicable state law, is committed to maintaining the privacy of your protected health information ("PHI"). PHI includes information about your health condition and care and treatment you receive from the Practice and is often referred to as your health care or medical record. This Notice explains how your PHI may be used and disclosed to third parties. This Notice also details your rights regarding your PHI.

USE AND DISCLOSURE OF YOUR PROTECTED HEALTH INFORMATION

1. Lincoln Disc and Nutrition Center, P.C., in accordance with this Notice and without asking for your express consent or authorization, may use and disclose your PHI for the purposes of:

(a) **Treatment** - In order to provide you with the health care you require, the Practice may use and disclose your PHI to other health care professionals, whether on the Practice's staff or not, so that it may provide, coordinate, plan, or manage your health care. For example, a chiropractor treating you for lower back pain may need to know and obtain the results of your latest physician examination or last treatment plan.

(b) **Payment** - To get paid for services provided to you, the Practice may provide your PHI, directly or through a billing service, to a third party who may be responsible for your care, including insurance companies and health plans. If necessary, the Practice may use your PHI in other collection efforts with respect to all persons who may be liable to the Practice for bills related to care. For example, the Practice may need to provide the Medicare program with information about health care services that you received from the Practice for reimbursement purposes. The Practice may also need to tell your insurance plan about treatment you are going to receive so that it can determine whether or not it will cover the treatment expenses.

(c) **Health Care Operations** - To Operate in accordance with applicable law and insurance requirements, and to provide quality and efficient care, the Practice may need to compile, use and disclose your PHI. For example, the Practice may use your PHI to evaluate the performance of the Practice's personnel in providing care to you

2. The Practice may also use and disclose your PHI without your consent or authorization in the following instances:

- (a) **De-identified Information** - We may use and disclose health information that may be related to your care but does not identify you and cannot be used to identify you.
- (b) **Business Associate** - We may use and disclose PHI to one or more of our business associates if we obtain satisfactory written assurance, in accordance with applicable law, that the business associate will appropriately safeguard your PHI. A business associate is an entity that assists us in undertaking some essential function, such as billing company that assists the office in submitting claims for payment to insurance companies.
- (c) **Personal Representative** - We may use and disclose PHI to a person who, under applicable law, has the authority to represent you in making decisions related to your health care.
- (d) **Emergency Situations** - We may use and disclose PHI for the purposes of obtaining or rendering emergency treatment to you provided the Practice attempts to obtain your acknowledgement of our Privacy Notice as soon as possible. Or, we may also use and disclose PHI to a public or private entity authorized by law or by its charter to assist in disaster relief efforts, for the purpose of coordinating your care with such entities in an emergency situation.
- (e) **Public Health Activities** - We may use and disclose PHI when required by law to provide information to a public health authority to prevent or control disease.
- (f) **Abuse, Neglect, or Domestic Violence** - We may use and disclose PHI to government authority when authorized by law to provide information if it believes that the disclosure is necessary to prevent serious harm.
- (g) **Health Oversight Activities** - We may use and disclose PHI when required by law to provide information in criminal investigation, disciplinary actions or other activities relating to the community's health care system.
- (h) **Judicial and Administrative Proceedings** - We may use and disclose PHI in response to a court order or a lawfully issued subpoena.
- (i) **Law Enforcement Purposes** - We may use and disclose PHI when authorized, to a law enforcement official. For example, your PHI may be subject of a grand jury subpoena, or if the Practice believes that your death was the result of a criminal conduct.
- (j) **Coroner or Medical Examiner** - We may use and disclose PHI to a coroner or medical examiner for the purpose of identifying you or determining your cause of death.
- (k) **Organ, Eye, or Tissue Donation** - We may use and disclose your PHI if you are an organ donor to the entity to whom you have agreed to donate your organs.
- (l) **Research** - We may use and disclose PHI subject to applicable legal requirements if the Practice is involved in research activities.
- (m) **Avert a Threat to Health or Safety** - We may use and disclose PHI if we believe that such disclosure is necessary to prevent or lessen a serious and imminent threat to the health or safety of a person or the public and the disclosure is to an individual who is reasonably able to prevent or lessen the threat.
- (n) **Specialized Government Functions** - We may use and disclose PHI when authorized by law with regard to certain military and veteran activity.

(h) Complain to the Practice or to the Secretary if you believe your privacy rights have been violated. To file a complaint with the Practice, you must contact the Practice's Privacy officer. All complaints must be in writing.

To obtain more information about your privacy rights or if you have questions you want answered about your privacy rights you may contact the Practice's Privacy Officer, Dr. Paul Firnhaber, at 402-488-2220 or via email at drpaulf2@juno.com.

PRACTICE'S REQUIREMENTS

1. The Practice

- (a) is required by federal law to maintain the privacy of your PHI and to provide you with this Privacy Notice detailing the Practice's legal duties and privacy practices with respect to your PHI.
- (b) under the Privacy Rule, may be required by State law to grant greater access or maintain greater restrictions on the use or release of you PHI than that which is provided for under federal law.
- (c) is required to abide by the terms of this Privacy Notice.
- (d) reserves the right to change the terms of this Privacy Notice and to make the new Privacy Notice provisions effective for your entire PHI that it maintains.
- (e) will distribute any revised Privacy Notice to you prior to implementation.
- (f) will not retaliate against you for filing a complaint.

EFFECTIVE DATE

This notice is in effect as of 04/15/2003.

YOUR RIGHTS

1. You have the right to:

- (a) Revoke any Authorization or consent you have given to the Practice, at any time. To request a revocation, you must submit a written request to the Practice's Privacy Officer.
- (b) Request restrictions on certain uses and disclosures of your PHI as provided by law. However, the Practice is not obligated to agree to any requested restrictions. To request restrictions, you must submit a written request to the Practice Privacy Officer. In your written request, you must inform the Practice of what information you want to limit, whether you want to limit the Practice's use or disclosure, or both, and to whom you want the limits to apply. If the Practice agrees to your request, the Practice will comply with your request unless the information is needed in order to provide you with emergency treatment.
- (c) Receive confidential communications or PHI by alternative means or at alternative locations. You must make your request in writing to the Practice's Privacy Officer. The Practice will accommodate all reasonable requests.
- (d) Inspect and copy your PHI as provided by law. To inspect and copy your PHI, you must submit a written request to the Practice's Privacy Officer. The Practice can charge you a fee for the cost of copying, mailing, or other supplies associated with your request. In certain situations that are defined by law, the Practice may deny your request, but you will have the right to have the denial reviewed as set forth more fully in the written denial notice.
- (e) Amend your PHI as provided by law. To request an amendment, you must submit a written request to the Practice's Privacy Officer. You must provide a reason that supports your request. The Practice may deny your request if it is not in writing, if you do not provide a reason in support of your request, if the information to be amended was not created by the Practice (unless the individual or entity that created the information that is no longer available), if the information is not part of the information you would be permitted to inspect and copy, and/or if the information is accurate and complete. If you disagree with the Practice's denial, you will have the right to submit a written statement of disagreement.
- (f) Receive an accounting disclosure of your PHI as provided by law. To request an accounting, you must submit a written request to the Practice's Privacy Officer. The request must state a time period, which may not be longer than six (6) years and may not include dates before April 16, 2003. The request should indicate in what form you want the list (such as a paper or electronic copy). The final list you request within a twelve (12) month period will be free, but the Practice may charge you for the cost of providing additional lists. The Practice will notify you of the costs involved and you can decide to withdraw or modify your request before any costs are incurred.
- (g) Receive a paper copy of the Privacy Notice for the Practice upon request to the Practice's Privacy Officer.

- (o) **Workers' Compensation** - We may use and disclose PHI if you are involved in a Workers' Compensation claim to an individual or entity that is part of the Workers' Compensation system.
- (p) **National Security and Intelligence Activities** - We may use and disclose PHI to authorized governmental officials with necessary intelligence information for national security activities and purposes.
- (q) **Military and Veterans** - We may use and disclose PHI if you are a member of the armed forces, as required by the military command activities.

3. Other examples of how the Practice may use your protected health information:

(a) **Appointment Reminders** - We may, from time to time, 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. The following appointment reminders may be used by the Practice: 1). A postcard mailed to you at the address provided by you; and 2). Telephoning your home and leaving a message on your answering machine or with the individual answering the phone.

(b) **Facsimile Transmissions** - We may from time to time transmit information about you to insurers, other health care professionals and providers, and appropriate governmental agencies utilizing facsimile transmissions.

(c) **Family and Friends** - We may disclose to a family member, other relative, a close personal friend, or any other person identified by you, your PHI directly relevant to such person's involvement with your care or the payment for your care. The Practice may also use or disclose your PHI to notify or assist in the notification (including identifying or locating) a family member, or personal representative, or another person responsible for your care, of your location, general condition or death. However, in both cases, the following conditions will apply:

(i) If you are present at or prior to the use or disclosure of your PHI, the Practice may use or disclose your PHI if you agree, or if the Practice can reasonably infer from the circumstances, based on the exercise of its professional judgment that you do not object to the use or disclosure.

(ii) If you are not present, the Practice will, in the exercise of professional judgment, determine whether the use or disclosure is in your best interest and, if so, disclose only PHI that is directly relevant to the person's involvement with your care.

(e) **Authorizations** - Use and/or disclosures, other than those described above will be made only with your written authorization.