

## **Notice of Privacy Practices**

### **Form Description**

This notice describes how medical information about you may be used and disclosed and how you can access this information. Please review it carefully to understand your rights and the privacy practices of The Self-Care Academy, Inc.

### **Confidentiality and Data Security**

The Self-Care Academy, Inc. (the "Practice") is committed to protecting your privacy. The Practice complies with the Health Insurance Portability and Accountability Act (HIPAA) and state laws, including the California Confidentiality of Medical Information Act (CMIA), and the Florida Information Protection Act (FIPA). The Practice does not sell personal information.

### **Breach Notification:**

In the event of a breach of your Protected Health Information (PHI) or personal information, the Practice will notify you using the contact information you provided on your Client Information and History Form (email or phone). If your contact details change, please notify us promptly.

### **Your Rights**

Your rights regarding Protected Health Information (PHI) are explained below. To exercise these rights, please submit a written request to the Practice.

#### **To Inspect and Copy Protected Health Information (PHI):**

You can request an electronic or paper copy of your Protected Health Information (PHI). The Practice may charge a reasonable fee. The Practice may deny your request if it believes that disclosure will endanger your life or someone else's.

#### **To Amend Protected Health Information (PHI):**

You can ask to correct Protected Health Information (PHI) that you believe is incorrect or incomplete. The Practice may deny your request, but will provide a written explanation.

#### **Additional Rights for California Residents:**

Under the California Consumer Privacy Act (CCPA), you have the right to know what personal information the Practice collects, request deletion, and opt out of the sale of your personal information (if applicable). The Practice does not sell personal information.

**Additional Rights for Minors in California:**

Minors who are 12 years of age and older have privacy rights for certain healthcare services as outlined by California law.