



NOTICE OF PRIVACY PRACTICES

THIS NOTICE TELLS YOU HOW YOUR MEDICAL RECORD MAY BE USED AND SHARED AND HOW YOU MAY GET THIS INFORMATION.

PLEASE READ IT CAREFULLY

Our Pledge to You

Your health information is something that Tide and Timber Speech Therapy has always and will continue to work to keep private. We are ethically and legally obligated to keep it confidential under state and federal laws.

What is this document?

This document, called a Notice of Privacy Practices, tells you how we may use and share your health information. This includes using and sharing it so that we may provide you with healthcare services and be paid for it, and so that we may run our business in accordance with local, state, and federal regulation. We must follow the terms of this notice.

Who follows this notice?

This notice is for the clients of Tide and Timber Speech Therapy.

Ways we may use and share your health information without your permission

Treatment. We will use and share your medical record for your care.

Examples. Doctors, dentists, students, medical residents, or other university workers may read your record to learn if a treatment is working. Your medical information may be shared with doctors or dentists outside Tide and Timber Speech Therapy to decide the best treatment(s) for you.

Payment. We may use and share your medical information in order to receive payment for the care and services we provided you.

Examples. We may contact your insurance company to learn if a service is covered. We may bill your or your insurance company for the services we provide if we accept insurance.

Health-care Operations. We need to use and share your health information to run our health-care business. We may use or share your information for several reasons.

Examples. We may use your medical information to make sure that you and other patients get the best possible care. Speech-language pathology undergraduate or graduate students may see the information as a



part of their training. Similarly, speech-language pathology assistants in training may also see the information as a part of their licensure requirements. Others on our staff may use it to make sure that the billing is done correctly. In certain special conditions, other health-care providers may get your information from us to run their businesses.

Business Associates. We may share your medical information with another company or organization, called a “business associate” that we hire to provide a service to us or on our behalf. We will only share your information if the business associate has agreed in writing to keep it private.

Example. A company submits bills on our behalf to your insurance company.

Appointment Reminders. We may contact you via phone, text, or email to remind you of an appointment or to change one. We may also let you know that it is time for a follow-up appointment.

Health-related benefits, services, and treatment alternatives. We may tell you about interesting health-related benefits of services such as newsletters, announcements, possible treatments, or alternatives.

Assistance for special projects, services, and research. Tide and Timber Speech Therapy relies on the kindness of the community to help us provide quality health care to this region. Patients who share their experiences and suggest ways to work with us are giving back in a meaningful way. Their information also helps us improve and expand our services. We may use or share limited information, called demographic information, and the date you received care, to ask for your help.

Required disclosures. the Secretary of the State Department of Health and Human Services may investigate privacy violations. If your health information is requested as part of an investigation, we must share your information with the Secretary of the State Department of Health and Human Services. We will share your information if they ask for it as a part of an investigation of a privacy violation. Under the same laws, we must give you information in your medical record. We are allowed to keep some information from you.

Required by law. We must share medical information if federal, state, or local laws dictate it.

Public health and safety. We may share your medical information for public health reasons. These include:

- To prevent or control disease, injury, or disability;
- to report births and deaths;
- to report child abuse or neglect;
- to report information to the FDA about the products it oversees;
- to let you know that you may have been getting or spreading a disease or condition; or
- to provide information to your employer in certain limited instances.

Abuse and neglect. The law may require us to report suspected abuse, neglect, or domestic violence to state and/or federal agencies. Your information may be shared with these agencies for this purpose. Generally, you will be informed that we are sharing this information with these agencies.



Health oversight activities. Certain health agencies are in charge of over-seeing health-care systems and government programs or to make sure that civil rights laws are being followed. We may share your information with these agencies for these purposes.

Legal proceedings. If a court or administrative authority tells us to do so, we may release your health records. We will only share the information required by the order. If we receive any other legal request, we may also release your health record. However, for other requests we will only release the information in the event that we are told you have been informed of the requests, had a chance to reject the request, and did not object.

Research. We may share your medical record with researchers, without your permission, in very limited situations. In most cases, a researcher must submit their request to see your information to a special group called the International Review Board (IRB). This group will decide whether it should allow the research to use or share your information. Your medical information may be used by or shared with researchers to prepare for research, but only under strict conditions. Under similar strict conditions, medical information about dead people can be used or shared.

To prevent a serious threat to safety. We may use and share your medical information to prevent a serious threat to your health and safety or the health and safety of others.

Ways we may use and share your health information with your permission

Individuals involved in your care or payment for your care. We may share medical information about you with you or your family members, friends, or any other person you tell us who is involved in your medical care or helps pay for it. We may tell your family or friends your condition and that you are in one of our facilities. We also may share medical information about you to a disaster relief agency so that your family can be told of your condition and location.

YOUR RIGHTS REGARDING YOUR HEALTH INFORMATION

You have certain rights regarding your health information, described below. These rights apply to the health information we keep. You must submit a written request to use any of these rights. You can send your written request to the Tide and Timber Speech Therapy privacy officer as the address given at the end of the notice. You may also send an electronic mail to the e-mail address listed at the end of this notice.

Right to request special communications. You have the right to ask us to contact you about medical matters in a certain way or at a certain place. We will follow all reasonable requests. Your request must tell us how you wish to be contacted.

Right to inspect and copy. You have the right to read or get a copy of your health information, with some exceptions. you may turn down your request under certain circumstances. If we do so, you may ask for a



licensed health-care professional chosen by us to review why we declined your request. We will follow the reviewer's decision.

Right to request changes. If you believe the health information that we created is wrong or incomplete, you may ask us to change it. You must provide a reason why you believe the change is warranted. We cannot omit or destroy any information already in your medical record. We also are not required to agree to make the change. If we do not agree to the change, you can write a letter about the changes. We will send you one back saying why we do not agree to make the changes. You may then send another letter disagreeing with the decision. It will be attached to the information you wanted changed or corrected.

Right to an accounting of disclosures. We are required to track who we share your health information with under certain circumstances. you have the right to ask for a copy of this list. We do not have to track every time we share your health information with others. Your request uses a time period, which may not be longer than 6 years and may not include ages before April 14, 2003.

Right to request restrictions. You have the right to ask for a restriction or limitation on the medical information we use or share about you for payment, treatment, or health-care operations and the information we may share with your friends, family, or others involved in your care. We are not required to agree to your request. If we agree, we will follow your request unless the information is needed to provide you with emergency treatment. You must tell us the type of restriction you want and to whom it applies.

Right to a paper copy of this notice. You have the right to a paper copy of those notice. Copies of this notice will be posted and available at each location where medical services are provided and through our patient portal.

Other uses and sharing of your health information

All other uses and sharing of your health information will be done only with your written permission.

Changes to this notice

We reserve the right to change this notice. We reserve the right to make the revised or changed notice effective for your health information we already have as well as any we get in the future. Any changes in this notice are posted on our patient portal. The revised notice will also be available at any of the office locations where Tide and Timber Speech Therapy offers services.

What if I have questions or need to report a problem?

If you have any questions about this notice or about how your health information is used or shared by us please contact the Tide and Timber Speech Therapy privacy office by e-mail at tnt.speech.nc@gmail.com or calling (919) 904-4213.

If you believe your privacy rights were violated, you may file a complaint with us.



TIDE & TIMBER
SPEECH THERAPY

To file a complaint, please contact the Tide and Timber Speech Therapy privacy officer at tnt.speech.nc@gmail.com or write to:

ATTN: Privacy Officer
Tide and Timber Speech Therapy
720 New Bridge St, Ste 4
Jacksonville, NC, 28540

Please provide as much information as possible so that the complaint can be properly investigated.

You may also file a complaint with the Secretary of the Department of Health and Human Services.

EFFECTIVE DATE OF THIS NOTICE

This notice went into effect on 1/29/2026

Acknowledgement of Receipt of Privacy Notice

Under the Health Insurance Portability and Accountability Act of 1996 (HIPAA), you have certain rights regarding the use and disclosure of your protected health information. By checking the box below, you are acknowledging that you have received a copy of HIPAA Notice of Privacy Practices.