



**ANCHOR & RISE
THERAPY**

Notice of Privacy Practices Acknowledgment

(HIPAA Compliance for Teletherapy Clients)

This notice describes how medical and mental health information about you may be used and disclosed and how you can access this information. Please review it carefully.

As a client receiving telehealth services, your protected health information (PHI) is handled in compliance with the Health Insurance Portability and Accountability Act (HIPAA). This includes information shared during video sessions, over the phone, or via secure platforms.

You have the right to:

- **Access your records**
- **Request amendments to your records**
- **Request limits on what information we share**
- **Request confidential communications**
- **File a complaint if you believe your rights have been violated**

How Your Information May Be Used or Disclosed

We may use or disclose your information for:

- Treatment and care coordination
- Billing and payment processing
- Administrative operations
- When required by law (e.g., threats of harm, child/elder abuse, court orders)

We do not sell or share your information with marketers. We take steps to use secure platforms for telehealth communication and protect your information during online sessions.

Electronic Communication Notice

Although efforts are made to use secure, encrypted communication tools (such as HIPAA-compliant video platforms and email services), no system is 100% secure. By participating in teletherapy, you acknowledge the inherent risks of electronic communication and agree to use it knowingly and responsibly.