

ROAD TO WELLNESS, LLC

NOTICE OF PRIVACY PRACTICES

Effective September 2026

THIS NOTICE DESCRIBES HOW MEDICAL AND MENTAL HEALTH INFORMATION ABOUT YOU MAY BE USED AND DISCLOSED, HOW YOU CAN ACCESS THIS INFORMATION, AND YOUR RIGHTS REGARDING YOUR PROTECTED HEALTH INFORMATION. PLEASE REVIEW IT CAREFULLY.

Our Responsibilities

Road To Wellness, LLC and Dr. Aleesha Grier-Rogers understand that information about your health and healthcare is personal. We create and maintain records of the care and services provided to you. These records are necessary to provide appropriate care, coordinate services, obtain payment when applicable, operate the practice, and comply with legal and professional requirements.

- Maintain the privacy and security of your protected health information (PHI).
- Provide you with this Notice describing our legal duties and privacy practices.
- Follow the terms of the Notice currently in effect.
- Notify you as required by law if a breach occurs that may have compromised the privacy or security of your PHI.
- Respect the privacy rights described in this Notice.

How We May Use and Disclose Your Information

Treatment

We may use and disclose your PHI to provide, coordinate, or manage your healthcare, including consultation, referrals, care coordination, and communication among healthcare professionals when permitted by applicable law.

Payment

We may use and disclose PHI as necessary to obtain payment for services provided to you, including submitting claims, determining eligibility or benefits, obtaining payment, and addressing billing matters.

Healthcare Operations

We may use and disclose PHI when necessary to operate the practice and improve the quality of services. This may include quality improvement, professional consultation, credentialing, compliance, auditing, legal and accounting services, business administration, electronic health record management, secure communications, scheduling, billing, and other activities necessary to operate a healthcare practice.

Road To Wellness may use outside companies or service providers to perform certain functions involving PHI. When required by HIPAA, these organizations are subject to appropriate Business Associate Agreements and privacy and security obligations.

Your Choices Regarding Certain Disclosures

In certain circumstances, you may tell us whether and how you would like your information shared, including relevant information with a family member, close friend, caregiver, another person involved in your healthcare or payment for your care, or a disaster-relief organization. If you are unable to communicate your wishes, information may be disclosed when permitted by law and when Dr. Grier-Rogers determines disclosure is in your best interest or is necessary to reduce a serious and imminent threat to health or safety.

Uses Requiring Written Authorization

- Uses of PHI for marketing purposes when authorization is required.
- Sale of your PHI.
- Most uses or disclosures of HIPAA-defined psychotherapy notes, if such notes are maintained.

Road To Wellness does not sell client PHI and does not use client PHI for fundraising activities.

Psychotherapy Notes

Road To Wellness does not ordinarily maintain separate 'psychotherapy notes' as that term is specifically defined by HIPAA. Clinical documentation maintained as part of your designated medical record - including progress notes, diagnoses, treatment plans, assessments, and other clinical documentation - is not necessarily considered 'psychotherapy notes' under the HIPAA definition. If HIPAA-defined psychotherapy notes are created, their use and disclosure will be governed by applicable federal and state law.

Substance Use Disorder Records

Certain substance use disorder (SUD) treatment records may receive additional protection under federal law, including 42 CFR Part 2. To the extent Road To Wellness receives or maintains SUD patient records subject to 42 CFR Part 2, those records may not be used or disclosed in civil, criminal, administrative, or legislative investigations or proceedings against you unless the disclosure is permitted by applicable federal law, including circumstances involving your written consent or an appropriate court order and subpoena. Additional restrictions may apply to the use and disclosure of Part 2 records.

Other Uses and Disclosures That May Not Require Your Authorization

When Required by Law

We may disclose PHI when federal, state, or other applicable law requires us to do so.

Public Health and Safety

Information may be disclosed for legally authorized public-health or safety activities, including certain reports of suspected abuse, neglect, or exploitation and actions to prevent or reduce a serious and imminent threat to health or safety.

Health Oversight

PHI may be disclosed to legally authorized health-oversight agencies for audits, investigations, licensure proceedings, inspections, or compliance reviews.

Judicial and Administrative Proceedings

PHI may be disclosed in response to a legally valid court or administrative order or other legal process when the requirements for disclosure have been satisfied. Additional protections may apply to mental-health and substance-use-disorder records.

Law Enforcement

PHI may be disclosed for certain law-enforcement purposes when permitted or required by applicable law.

Coroners and Medical Examiners

PHI may be disclosed when permitted by law and necessary for legally authorized duties.

Research

PHI may be used or disclosed for research only when the requirements of applicable federal and state privacy laws have been satisfied.

Workers' Compensation

PHI may be disclosed as authorized by and to the extent necessary to comply with workers' compensation or similar laws.

Specialized Government Functions

PHI may be disclosed for certain legally authorized government activities, including military, national-security, protective-service, or correctional functions.

Federal Privacy Compliance

Information may be disclosed to the U.S. Department of Health and Human Services when necessary to determine compliance with federal privacy requirements.

Your Rights Regarding Your Health Information

Obtain an Electronic or Paper Copy of Your Record

You have the right to inspect or obtain an electronic or paper copy of PHI contained within your designated record set, subject to limitations provided by law. A reasonable, cost-based fee may be charged when permitted.

Request Correction or Amendment

If you believe information in your record is incorrect or incomplete, you may request that Road To Wellness amend the information. We may deny certain requests when permitted by law.

Request Confidential Communications

You may ask Road To Wellness to contact you in a particular way or at a particular location. We will accommodate reasonable requests as required by law.

Request Restrictions on Uses or Disclosures

You may ask us not to use or disclose certain PHI for treatment, payment, or healthcare operations. We are not always required to agree to such a request.

Restrict Disclosure to a Health Plan When You Pay in Full

If you pay for a healthcare service out-of-pocket in full, you may request that we not disclose information concerning that service to your health plan for payment or healthcare-operations purposes, when the requirements of HIPAA are satisfied.

Obtain an Accounting of Certain Disclosures

You may request a list of certain disclosures Road To Wellness has made of your PHI during the six years before your request, subject to exclusions provided by law.

Obtain a Copy of This Notice

You have the right to request a paper or electronic copy of this Notice at any time.

Designate a Personal Representative

If another person has legal authority to act on your behalf with respect to your healthcare or health information, that person may exercise applicable HIPAA rights on your behalf after Road To Wellness verifies the person's authority.

Additional Protections Under State or Other Law

Mental-health, substance-use-disorder, HIV-related, reproductive-health, and other categories of health information may receive protections under federal or state laws that are more restrictive than HIPAA. When another applicable law provides greater privacy protection than HIPAA, Road To Wellness will comply with the more protective requirement when legally required.

Appointment Reminders and Health-Related Communications

Road To Wellness may use PHI as permitted by law to provide appointment reminders, scheduling information, billing notifications, information about treatment alternatives, or information concerning healthcare services that may be relevant to your care. Communication preferences and the use of text messaging, secure portal communication, and HIPAA-compliant email are addressed separately in the Road To Wellness Informed Consent for Telehealth & Electronic Communications.

Privacy or Security Breach

Road To Wellness is required to maintain appropriate safeguards for PHI. If a breach occurs involving unsecured PHI and notification to you is required under applicable law, Road To Wellness will provide the required notification.

Privacy Complaints

If you believe your privacy rights have been violated, you may contact Road To Wellness directly.

Privacy Contact:

Aleesha Grier-Rogers, Psy.D.

Road To Wellness, LLC

Phone: 203-516-0755

HIPAA-Compliant Email: draleeshagrier@zmail.com

You may also file a complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, 200 Independence Avenue, S.W., Washington, D.C. 20201, 1-877-696-6775.

Road To Wellness will not retaliate against you for filing a privacy complaint or exercising your privacy rights.

Changes to This Notice

Road To Wellness may change the terms of this Notice. Changes may apply to PHI already maintained by the practice as well as information received or created after the change. When this Notice is materially revised, the current Notice will be made available as required by law.

Acknowledgment of Receipt

By signing below, I acknowledge that I have received or been provided access to the Road To Wellness, LLC Notice of Privacy Practices.

I understand that my signature acknowledges receipt of this Notice. It does not mean that I waive any privacy rights or that I am required to agree with Road To Wellness's legally permitted privacy practices.

Client Name: _____

Client Signature: _____ Date: _____