

NOTICE OF PRIVACY PRACTICES

This notice describes how health information about you may be used and disclosed and how you can get access to this information.

Please read it carefully.

Offices of Dr. Julie E Cho, O.D. and Associates

eyedrcho2@gmail.com

DBA @ Centre Park Eye Care in Columbia, MD (410)884-5508 (410)772-8317 fax

And

DBA @ Galleria Optical in Ellicott City, MD (410)461-8606 (410)461-4604 fax

GENERAL RULE

We respect our legal obligation to keep health information that identifies you private. The law obligates us to give you a notice of our privacy practices. Generally, we can only use your health information in our office or disclose it out of our office, without your written permission, for purposes of treatment, payment, or healthcare operations. In most other situations, we will not use or disclose your health information unless you sign a written authorization form. In some limited situations, the law allows or requires us to disclose your health information without your written authorization. This Notice describes how we protect your health information and what rights you have regarding it.

USES OR DISCLOSURES OF HEALTH INFORMATION

Examples of how we use or disclose information for treatment purposes are:

- When setting up an appointment for you;
- When testing or examining your eyes;
- When prescribing glasses, contact lenses, or medications and faxing them to be filled;
- When referring you to another doctor or clinic for eye care or low vision aids or services;
- When getting copies of your health information from another professional that you may have seen before us.

Examples of how we use or disclose your health information for payment purposes are:

- When asking you about your health or vision care plans, or other sources of payment;
- When preparing and sending bills or claims to you or your health or vision plans;
- When collecting unpaid amounts (either ourselves or through a collection agency or attorney).

Examples of how we use or disclose your health information for health care operations are:

- For financial or billing audits;
- For internal quality assurance;
- For personnel decisions;
- For participation in managed care plans;
- For defense of legal matters.

Health care operations mean those administrative and managerial functions that we have to do in order to run our office. business planning; and outside storage of our records.

We routinely use your health information inside our office for these purposes without any special permission. If we need to disclose your health information outside of our office for these reasons, we usually will not ask you for special written permission.

USES AND DISCLOSURES FOR OTHER REASONS WITHOUT PERMISSION

In some limited situations, the law allows or requires us to use or disclose your health information without your permission. Not all of these situations will apply to us; some may never come up at our office at all. Such uses or disclosures are:

- A state or federal law mandates that certain health information be reported for a specific purpose;
- For public health purposes, such as contagious disease reporting, investigation or surveillance; and notices to and from the federal Food and Drug Administration regarding drugs or medical devices;
- Disclosures to governmental authorities about victims of suspected abuse, neglect or domestic violence;
- Uses and disclosures for health oversight activities, such as for the licensing of doctors; for audits by Medicare or Medicaid; or for investigation of possible violations of health care laws;
- Disclosures for judicial and administrative proceedings, such as in response to subpoenas or orders of courts or administrative agencies;
- Disclosures for law enforcement purposes, such as to provide information about someone who is or is suspected to be a victim of a crime; to provide information about a crime at our office; or to report a crime that happened somewhere else;
- Disclosure to a medical examiner to identify a dead person or to determine the cause of death; or to funeral directors to aid in burial; or to organizations that handle organ or tissue donations;
- Uses or disclosures for health related research;
- Uses and disclosures to prevent a serious threat to health or safety;
- Uses or disclosures for specialized government functions, such as for the protection of the president or high ranking government officials; for lawful national intelligence activities; for military purposes; or for the evaluation and health of members of the foreign service;
- Disclosures of de-identified information;
- Disclosures relating to worker's compensation programs;
- Disclosures of a "limited data set" for research, public health, or health care operations;
- Incidental disclosures that are an unavoidable by-product of permitted uses or disclosures;
- Disclosures to "business associates" who perform health care operations for us and who commit to respect the privacy of your health information.

Unless you object, we will also share relevant information about your care with your family or friends who are helping you with your eye care.

APPOINTMENT REMINDERS

We may call, write, email or text to remind you of scheduled appointments, or that it is time to make a routine appointment. We may also call, write, email or text to notify you of other treatments or services available at our office that might help you.

Unless you tell us otherwise, we will email or text you an appointment reminder and/or leave you a reminder message on your home answering machine or with someone who answers your phone if you are not home.

EYEGLOSS AND CONTACT LENS PRESCRIPTIONS

Patient may request a copy of their eyeglass and/or contact lens prescriptions to be delivered in written or electronic format. Delivery via fax transmission is considered the most secure method of electronic transmission of protected health information. **At the request of the patient or legal guardian, prescription requests may be emailed, however, this document discloses that email transmission of eyeglass and contact lens prescriptions is not deemed a secure method of delivering protected health information and by signing this document the individual understands that they are waiving their right for such information to be protected if an email transmission request occurs.**

OTHER USES AND DISCLOSURES

We will not make any other uses or disclosures of your health information unless you sign a written authorization form. The content of an "authorization form" is determined by federal law. Sometimes, we may initiate the authorization process if the use or disclosure is our idea. Sometimes, you may initiate the process if it's your idea for us to send your information to someone else. Typically, in this situation you will give us a properly completed authorization form, or you can use one of ours. If we initiate the process and ask you to sign an authorization form, you do not have to sign it. If you do not sign the authorization, we cannot make the use or disclosure. If you do sign one, you may revoke it at any time unless we have already acted in reliance upon it. Revocations must be in writing. Send them to the office contact person named at the beginning of this Notice.

YOUR RIGHTS REGARDING YOUR HEALTH INFORMATION

The law gives you many rights regarding your health information. You can:

- Ask us to restrict our uses and disclosures for purposes of treatment (except emergency treatment), payment or health care operations. We do not have to agree to do this, but if we agree, we must honor the restrictions that you requested. To ask for a restriction, send a written request to the office contact person at the address, fax or email shown at the beginning of this Notice.
- Ask us to communicate with you in a confidential way, such as by phoning you at home rather than at workplace, by mailing health information to a different address, or by using email to your personal email address you provided. We will accommodate these requests if they are reasonable. If you want to ask for confidential communications, send a written request to the office contact person at the address, fax or email shown at the beginning of this Notice.
- Ask to see or to get photocopies of your health information. By law, there are a few limited situations in which we can refuse to permit access or copying. Primarily, however, we will comply within 30 days of your request (or 60 days if the information is stored off-site). You may

have to pay for photocopies in advance. If we deny your request, we will send you a written explanation, and instructions about how to get an impartial review of our denial if one is legally available. By law, we can have one 30 day extension of the time for us to give you access or photocopies if we send you a written notice of the extension. If you want to review or get photocopies of your health information, send a written request to the office contact person at the address, fax or email shown at the beginning of this Notice.

- Ask us to amend your health information if you think that it is incorrect or incomplete. If we agree, we will amend the information within 60 days from when you ask us. We will send the corrected information to persons who we know got the wrong information, and others that you specify. If we do not agree, you can write a statement of your position, and we will include it with your health information along with any rebuttal statement that we may write. Once your statement of position and/or our rebuttal is included in your health information, we will send it along whenever we make a permitted disclosure of your health information. By law, we can have one 30 day extension of time to consider a request for amendment if we notify you in writing of the extension. If you want to ask us to amend your health information, send a written request, including your reasons for the amendment, to the office contact person at the address, fax or email shown at the beginning of this Notice.
- Get a list of the disclosures that we have made of your health information within the past six years (or a shorter period if you want). By law, the list will not include: disclosures for purposes of treatment, payment or health care operations; disclosures with your authorization; incidental disclosures; disclosures required by law; and some other limited disclosures. You are entitled to one such list per year without charge. If you want more frequent lists, you will have to pay for them in advance. We will usually respond to your request within 60 days of receiving it, but by law we can have one 30 day extension of time if we notify you of the extension in writing. If you want a list, send a written request to the office contact person at the address, fax or email shown at the beginning of this Notice.

OUR NOTICE OF PRIVACY PRACTICES

By law, we must abide by the terms of this Notice of Privacy Practices until we choose to change it. We reserve the right to change this notice at any time as allowed by law. If we change this Notice, the new privacy practices will apply to your health information that we already have as well as to such information that we may generate in the future. If we change our Notice of Privacy Practices, we will post the new notice in our office, have copies available in our office, and post it on our website.

COMPLAINTS

If you think that we have not properly respected the privacy of your health information, you are free to complain to us or the U.S. Department of Health and Human Services, Office for Civil Rights. If you want to complain to us, send a written complaint to the office contact person at the address, fax or email shown at the beginning of this Notice. If you prefer, you can discuss your complaint in person or by phone.

FOR MORE INFORMATION

If you want more information about our privacy practices, call or visit the office contact person at the address or phone number shown at the beginning of this Notice.

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ACKNOWLEDGEMENT OF RECEIPT

I acknowledge that I received a copy of Notice of Privacy Practices from the offices of Dr. Julie Cho and Associates; DBA @Centre Park Eye Care in Columbia, MD and DBA @ Galleria Optical in Ellicott City, MD.

Patient name _____ (Please Print)

Legal Guardian (if applicable) _____ (Please Print)

Signature _____ Date _____