

NOTICE OF PRIVACY PRACTICES

Effective Date: February 16, 2026

This Notice explains how we use and protect your health information and the rights you have regarding it. Please read it carefully.

We provide this Notice because federal law (HIPAA) requires us to tell you how your information is used and how you can access it.

1) About Our Cash-Only Practice

SleepSafe is a **self-pay practice**. This means:

- We do **not** bill insurance.
- We do **not** send claims or check your insurance benefits.

Even though we do not work with health plans, we still keep and use your medical information to care for you, so HIPAA still applies.

2) How We Use and Share Your Health Information (Without Your Written Permission)

Treatment. We use your information to diagnose and treat you. This may include reviewing your sleep test, arranging telemedicine visits, writing prescriptions, coordinating referrals, or communicating with other providers involved in your care.

Payment (Self-Pay only). Because you pay directly for your care, we use your information to process your payment and provide receipts or statements if you request them. We do not submit anything to your insurance company.

Health Care Operations. We use your information to run our practice—for example, to improve quality, review provider performance, conduct audits, or meet compliance obligations.

Other Uses Permitted by Law. We may share information when the law allows it, such as:

- Public health reporting
- Health oversight activities
- Law enforcement requests
- Serious threats to health or safety

These uses follow strict legal rules.

3) When We Need Your Permission

We will ask for your written authorization before using or sharing your information for anything not listed above. Examples include most marketing activities, selling your information, or sharing psychotherapy notes. You can change your mind and cancel your authorization at any time by telling us in writing.

4) Your Rights Regarding Your Health Information

You have several rights under HIPAA:

- **Get a Copy of Your Records**
You can ask for your medical records in paper or electronic form (with some exceptions).
- **Ask for Corrections**
If something is wrong or incomplete, you can ask us to fix it.
- **Request a Restriction**
You may ask us not to use or share certain information. We will consider your request and follow it when required by law.
- **Choose How We Contact You**
You can tell us to reach you at a different phone number, address, or by secure messaging.
- **Get a List of Certain Disclosures**
You may request a list of times we shared your information without your authorization.
- **Get a Copy of This Notice**
You can request a paper or electronic copy at any time.

5) Our Responsibilities

We must:

- Protect your health information
- Follow this Notice
- Tell you if our practices change
- Update this Notice when required
- Post the current version in our office and on our website.

6) State-Specific Privacy Protections (National Operations)

Some states offer stronger privacy protections than HIPAA. If you live in one of those states—or if you receive care there—we will follow the state law that provides the most protection. See Appendix A for a summary and legal citations.

7) Substance Use Disorder Records (42 C.F.R. Part 2) — OCR 2024 Final Rule Alignment

If we create or maintain records that fall under federal Substance Use Disorder (SUD) confidentiality rules, those records receive extra protection. These rules limit how those records can be used or shared, and in many cases require specific consent:

- Part 2 rules were updated in 2024 to more closely align with HIPAA, including:
 - Updated patient notices
 - Allowing some treatment, payment, and operations uses with proper consent
 - Strong restrictions on using SUD records in legal proceedings
 - Enhanced breach and redisclosure warnings
 - A combined HIPAA/Part 2 Notice option published by HHS (Feb. 2026)

If Part 2 applies, we always follow the stricter rule and warn recipients that they cannot re-share this information except as allowed by law.

8) Complaints or Questions

If you believe your privacy rights have been violated, you can contact us or file a complaint with the U.S. Department of Health and Human Services. You will not be punished for filing a complaint.

Privacy Officer: Jill Paiva, CPCO, CHPC

Phone: 321-821-2032

Email: jill.paiva@reactdx.com

9) Changes to This Notice

We may update this Notice at any time. Any changes apply to all the information we maintain, and the current version will always be available in our offices and on our website.

10) Acknowledgment

Your signature simply confirms that you received this Notice.

Signature _____ Date _____

Printed Name _____

Appendix A — State-Specific Privacy Protections (with Citations)

We follow state laws that provide greater privacy protection than HIPAA for residents or care delivered in those states.

California

- Confidentiality of Medical Information Act (CMIA): Cal. Civ. Code §§ 56–56.37.
- Consumer privacy rights under CCPA/CPRA: Cal. Civ. Code § 1798.100 et seq. (administered by the California Privacy Protection Agency).

Texas

- Medical Records Privacy Act (HB 300): Texas Health & Safety Code Chapter 181 (including § 181.154(d) electronic disclosure authorization).

Florida

- Florida Information Protection Act (FIPA): Fla. Stat. § 501.171 (security and breach notification for personal information).

New York

- SHIELD Act: N.Y. Gen. Bus. Law §§ 899-aa, 899-bb (reasonable safeguards and breach notification).
- HIV Confidentiality: N.Y. Public Health Law Article 27-F (e.g., §§ 2780–2787).

Washington

- My Health, My Data Act (MHMD): RCW 19.373 (consumer health data; consent/authorization; geofencing restrictions).

Virginia

- Virginia Consumer Data Protection Act (VCDPA/CDPA): Va. Code § 59.1-575 et seq. (consumer rights and controller duties; HIPAA PHI generally exempt).

Colorado

- Colorado Privacy Act (CPA): Colo. Rev. Stat. §§ 6-1-1301–1314 (consumer rights, controller duties, universal opt-out).

Connecticut

- Connecticut Data Privacy Act (CTDPA): Conn. Gen. Stat. § 42-515 et seq.; 2025 amendments expand scope and minors/health protections (effective 2026).