Notice of Privacy Practices

This Notice of Privacy Practices describes how Innovate Wellness Carolina may use and disclose your protected health information (PHI), and how you can get access to this information. Please review it carefully.  
  
This Notice is provided in compliance with the Health Insurance Portability and Accountability Act of 1996 (HIPAA).

# Our Responsibilities

We are required by law to maintain the privacy and security of your protected health information (PHI). We will let you know promptly if a breach occurs that may have compromised the privacy or security of your information. We must follow the duties and privacy practices described in this notice and provide you with a copy of it.

# How We May Use and Disclose Your Health Information

We may use and share your health information to:  
- Treat you (e.g., send information to other providers involved in your care)  
- Run our organization (e.g., improve your care, contact you about appointments)  
- Bill for services (e.g., send claims to insurance companies)  
- Comply with legal requirements  
- Prevent or reduce serious threats to anyone’s health or safety

# Other Permitted Uses and Disclosures

We may also use or share your information:  
- For public health and safety issues  
- With health oversight agencies for activities authorized by law  
- With a medical examiner or funeral director  
- For workers’ compensation claims  
- For law enforcement purposes as required by law

# Your Rights Regarding Your Health Information

You have the right to:  
- Get an electronic or paper copy of your medical record  
- Request corrections to your medical record  
- Request confidential communications  
- Ask us to limit what we use or share  
- Get a list of those with whom we’ve shared your information  
- Choose someone to act for you  
- File a complaint if you feel your rights are violated

# How to File a Complaint

If you believe your privacy rights have been violated, you can file a complaint with us at:  
Innovate Wellness Carolina  
Email: info@innovatewc.com  
Phone: 704-298-1223  
  
You can also file a complaint with the U.S. Department of Health and Human Services Office for Civil Rights. We will not retaliate against you for filing a complaint.

# Effective Date

This Notice of Privacy Practices is effective as of [Insert Effective Date Here].