

NOTICE OF PRIVACY PRACTICES

Hart Strength & Rehab PLLC

THIS NOTICE DESCRIBES HOW MEDICAL INFORMATION ABOUT YOU MAY BE USED AND DISCLOSED AND HOW YOU CAN GET ACCESS TO THIS INFORMATION. PLEASE REVIEW IT CAREFULLY.

Our Legal Duty

Hart Strength & Rehab PLLC is required by federal law (the Health Insurance Portability and Accountability Act of 1996, or HIPAA) and applicable Illinois state law to maintain the privacy of your protected health information (PHI). We are also required to provide you with this Notice of our legal duties and privacy practices and to abide by the terms of this Notice currently in effect.

Uses and Disclosures of Protected Health Information

We may use and disclose your protected health information for the following purposes without your authorization:

- **Treatment:** To provide, coordinate, or manage your physical therapy care and related services.
- **Payment:** To bill and collect payment from insurance companies, health plans, Medicare, or other payers.
- **Health Care Operations:** For practice operations, quality improvement, compliance activities, staff training, and business management.

Other Permitted or Required Disclosures

We may use or disclose your PHI without your authorization in the following circumstances, as permitted or required by law:

- As required by federal or Illinois law
- For public health and safety reporting
- For health oversight activities such as audits, investigations, and inspections
- In response to court orders, subpoenas, or lawful processes
- For law enforcement purposes
- To prevent or lessen a serious and imminent threat to health or safety
- For workers' compensation or similar programs

Uses and Disclosures Requiring Written Authorization

Certain uses and disclosures of your PHI require your written authorization, including most uses for marketing purposes and disclosures of therapy notes. You may revoke your authorization in writing at any time, except to the extent that we have already acted in reliance on it.

Your Rights Regarding Your Health Information

- Right to Inspect and Copy your medical records, subject to limited exceptions
- Right to Request an Amendment if you believe information is incorrect or incomplete
- Right to an Accounting of certain disclosures of your PHI
- Right to Request Restrictions on uses or disclosures of your PHI
- Right to Request Confidential Communications
- Right to Obtain a Paper Copy of this Notice at any time

Illinois-Specific Privacy Protections

Illinois law provides additional protections for certain categories of health information, including mental health records, HIV/AIDS-related information, genetic information, and substance use disorder records. Hart Strength & Rehab PLLC complies with all applicable federal and Illinois privacy laws when handling such information.

Complaints

If you believe your privacy rights have been violated, you may file a complaint with Hart Strength & Rehab PLLC or with the U.S. Department of Health and Human Services. You will not be retaliated against for filing a complaint.

Changes to This Notice

Hart Strength & Rehab PLLC reserves the right to change this Notice at any time. Any changes will apply to all PHI we maintain. The revised Notice will be posted on our website and available upon request.

Contact Information

Practice Name: Hart Strength & Rehab PLLC

Privacy Officer: Jered Hartman, DPT

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Email: hartpt7@gmail.com

Effective Date: February 1, 2026