



# Nurturing Hearts Therapeutic Services PLLC

COMPASSIONATE CARE



BRIGHTER TOMORROWS

## NOTICE OF PRIVACY PRACTICES

YOUR INFORMATION. YOUR RIGHTS. OUR COMMITMENT.

This Notice of Privacy Practices describes how Nurturing Hearts Therapeutic Services PLLC (“we,” “us,” or “our”) may use and disclose your protected health information (PHI) and explains your rights regarding your information. We are required by the Health Insurance Portability and Accountability Act (HIPAA) to provide you with this notice and to follow the terms of this notice.

### OUR COMMITMENT TO YOUR PRIVACY

We understand that your health information is personal and confidential. We are committed to protecting your privacy and only using or disclosing your information as permitted by law and as described in this Notice.

### WHAT INFORMATION DO WE COLLECT?

We may collect and maintain the following types of information about you:

- Personal and contact information (e.g., name, address, phone number, email)
- Clinical information, including assessment notes, treatment plans, and progress notes
- Insurance information (if applicable)
- Payment and billing information
- Information you provide through our website, client portal, or other communications

### HOW DO WE USE AND DISCLOSE YOUR INFORMATION?

We may use and disclose your PHI for the following purposes:

- **Treatment:** To provide, coordinate, or manage your mental health care.
- **Payment:** To obtain payment for services provided.
- **Healthcare Operations:** To operate our practice, improve services, and ensure quality care.
- **As Required by Law:** To comply with legal obligations.
- **With Your Authorization:** For any other use or disclosure (e.g., sharing information with a school, other provider, or family member) with your written consent.

### YOUR RIGHTS

You have the right to:

- Request a copy of this Notice at any time.
- Access and obtain a copy of your records (with certain exceptions).
- Request an amendment to your records if you believe they are inaccurate or incomplete.
- Request an accounting of disclosures of your information (with certain limitations).
- Request restrictions on how your information is used or disclosed (we are not required to agree to all requests).
- Request confidential communications (e.g., by email or phone).
- Revoke a previously signed authorization at any time, in writing.
- File a complaint if you believe your privacy rights have been violated.

### HOW TO FILE A COMPLAINT

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

#### Contact Us:

Nurturing Hearts Therapeutic Services PLLC

Attn: Privacy Officer

Phone: (757) 846-9177

Email: [info@nurturingheartstherapeutics.com](mailto:info@nurturingheartstherapeutics.com)

#### U.S. Department of Health and Human Services

200 Independence Avenue, SW

Washington, DC 20201

1-877-696-6775

[www.hhs.gov/ocr/privacy/hipaa/complaints/](http://www.hhs.gov/ocr/privacy/hipaa/complaints/)

### CHANGES TO THIS NOTICE

We may update this Notice from time to time. The most current version will always be available on our website and upon request.

**Effective Date: September 22, 2026**

*Thank you for trusting us with your care.*



[www.nurturingheartstherapeutics.com](http://www.nurturingheartstherapeutics.com)



(757) 846-9177



[info@nurturingheartstherapeutics.com](mailto:info@nurturingheartstherapeutics.com)



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