

Notice of Privacy Practices

Effective Date: 02/12/2026

HIPAA Covered Health Care Provider - In-Person and Telehealth Services

Your Information. Your Rights. Our Responsibilities.

This notice describes how health information about you may be used and disclosed and how you may obtain access to that information. Please review it carefully.

Privacy Contact: Kathrine Burke, Alabama-Licensed Dietitian

Phone: 256-303-2831

Email: katieb@wildrosesnutrition.com

Your Rights

As a patient of Wild Roses Nutrition, you have rights under the HIPAA Privacy Rule with respect to protected health information we create, receive, maintain, or transmit in connection with your in-person or telehealth care. These rights include the following:

Access your records

You may ask to inspect or receive an electronic or paper copy of your health record and other health information we maintain about you. We generally will provide access within the time required by law and may charge a reasonable, cost-based fee when permitted.

Request a correction

You may ask us to correct health information that you believe is inaccurate or incomplete. We may deny a request in circumstances allowed by law and will provide an explanation when required.

Request confidential communications

You may ask us to contact you in a particular way or at a different address. We will accommodate reasonable requests as required by law.

Ask us to limit certain uses or disclosures

You may ask us not to use or share certain information for treatment, payment, or health care operations. We are not always required to agree. If you pay out of pocket in full for a service, you may ask us not to disclose information about that service to your health plan for payment or health care operations, unless disclosure is otherwise required by law.

Request an accounting of disclosures

You may request a list of certain disclosures of your health information made during the period allowed by law. The accounting does not include every type of disclosure, such as many disclosures for treatment, payment, or health care operations.

Receive a copy of this notice

You may request a paper copy of this Notice of Privacy Practices even if you previously received or agreed to receive it electronically.

Choose a personal representative

A person legally authorized to act for you, such as a legal guardian or a person with appropriate health care authority, may exercise your privacy rights after we verify that authority.

File a privacy complaint

You may complain to Wild Roses Nutrition if you believe your privacy rights have been violated. You may also file a complaint with the U.S. Department of Health and Human Services Office for Civil Rights. Wild Roses Nutrition will not retaliate against you for filing a good-faith privacy complaint.

Your Choices

In certain situations, you may tell us your preferences about how we share information. For example, you may identify family members, friends, caregivers, or others involved in your care with whom information may be shared when legally permitted. If you are unable to communicate your preference, we may use professional judgment when the law allows and when sharing appears to be in your best interest.

We generally will obtain your written authorization before using or disclosing protected health information for purposes that require authorization, including certain marketing activities or a sale of protected health information. You may revoke an authorization in writing, subject to actions already taken in reliance on it.

How We Typically Use and Share Health Information

Provide and coordinate your care

We may use health information to provide nutrition care and may share appropriate information with other health professionals involved in your care when permitted by law. In Alabama, services that constitute adjunct medical therapy may involve an appropriate physician referral or directive.

Run our practice

We may use and share health information for health care operations, such as quality improvement, practice administration, client communications, professional review, compliance, and management of services.

Bill and obtain payment for services

When applicable, we may use and disclose health information to bill you, a health plan, or another responsible payer and to obtain payment for services.

Other Uses and Disclosures Allowed or Required by Law

HIPAA and other laws may allow or require us to use or share health information without your written authorization in specific circumstances. Depending on the situation, these may include:

- Public health and safety activities, such as certain disease reporting or preventing a serious threat to health or safety.
- Health oversight activities, audits, inspections, investigations, or professional licensing matters.
- Compliance with federal or state law and lawful requests from government authorities.
- Workers compensation or similar programs when authorized by law.
- Certain law-enforcement requests and legal or administrative proceedings when legal requirements are met.
- Coroners, medical examiners, funeral directors, or organ and tissue donation organizations when applicable.
- Research when the applicable legal requirements and privacy protections have been satisfied.

Substance Use Disorder Records

To the extent Wild Roses Nutrition creates, receives, or maintains substance use disorder patient records protected by 42 CFR Part 2, additional federal confidentiality protections may apply. Such records will not be used or disclosed in civil, criminal, administrative, or legislative proceedings against the patient unless the applicable consent or court-order requirements are satisfied.

Our Responsibilities

- Maintain the privacy and security of protected health information, including electronic protected health information, as required by HIPAA and other applicable law.
- Follow the duties and privacy practices described in the current notice.
- Provide a copy of this notice as required and make the current notice available upon request.
- Notify affected individuals when a reportable breach of unsecured protected health information occurs, as required by law.
- Use or disclose health information only as permitted by law, this notice, or a valid authorization.

Online Client Portal and Electronic Communication

Wild Roses Nutrition may make a secure client portal available for forms, messages, documents, appointment information, or other client services. Clients should use the designated secure method for sensitive health information rather than the public website contact form. Email and text messaging may have privacy limitations; communication preferences and risks may be addressed in client consent materials.

Changes to This Notice

Wild Roses Nutrition may change the terms of this notice as permitted by law. A revised notice may apply to health information already maintained as well as information received in the future. The current notice will be available upon request and, when required, at our office and on our website.

Questions or Complaints

Contact the Wild Roses Nutrition privacy contact:

Kathrine Burke, Alabama-Licensed Dietitian
Phone: 256-303-2831
Email: katieb@wildrosesnutrition.com
Website: www.wildrosesnutrition.com

You may also file a complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, 200 Independence Avenue SW, Washington, DC 20201; telephone 1-877-696-6775; or through the HHS Office for Civil Rights complaint process. Wild Roses Nutrition will not retaliate against you for filing a complaint.

This Notice of Privacy Practices applies to protected health information handled by Wild Roses Nutrition LLC as a HIPAA-covered health care provider in connection with both in-person and telehealth nutrition services. Where another applicable law provides greater privacy protection, Wild Roses Nutrition will follow the more protective requirement.