

## **NOTICE OF PRIVACY PRACTICES**

### **Yesmar Holistic Health Center LLC**

P.O. Box 30413

Little Rock, Arkansas 72260

Phone: 501-340-0821

Email: info@yesmarholistic.com

**Effective Date:** January 17, 2026

### **✿ Your Privacy Matters to Us**

This Notice describes how your health information may be used and disclosed, and how you can access this information. Please review it carefully. Yesmar Holistic Health Center LLC (“we,” “our,” or “the Center”) is committed to protecting your privacy and maintaining the confidentiality of your health information.

#### **1. Our Responsibilities**

We are required by law to:

- Maintain the privacy and security of your protected health information (PHI).
- Provide you with this Notice explaining our legal duties and privacy practices.
- Notify you if a breach occurs that may have compromised the privacy or security of your information.
- Follow the terms of this Notice as long as it is in effect.

#### **2. How We May Use and Disclose Your Health Information**

We may use or share your PHI in the following ways:

##### **A. Treatment**

To provide, coordinate, or manage your holistic health services.

Examples include consultations, referrals, or coordination with other healthcare providers involved in your care.

##### **B. Payment**

To bill and receive payment for services provided.

This may include sharing information with insurance companies or third-party payers.

##### **C. Healthcare Operations**

For administrative, quality improvement, training, and internal management purposes.

Examples include reviewing practitioner performance or evaluating service outcomes.

### **3. Other Uses and Disclosures Allowed by Law**

We may also share your information without your written authorization when required or permitted by law, including:

- Public health reporting
- Health oversight activities
- Legal proceedings or law enforcement requests
- Workers' compensation claims
- To prevent or reduce a serious threat to health or safety
- Specialized government functions (e.g., military or national security, if applicable)

### **4. Uses and Disclosures Requiring Your Authorization**

We will obtain your written permission before:

- Using your information for marketing purposes
- Sharing psychotherapy notes (if applicable)
- Selling your health information
- Any use or disclosure not described in this Notice

You may revoke your authorization at any time in writing.

### **5. Your Rights Regarding Your Health Information**

#### **A. Right to Access**

You may request to view or obtain a copy of your health records. Requests must be submitted in writing.

#### **B. Right to Request Amendments**

If you believe your information is incorrect or incomplete, you may request an amendment.

#### **C. Right to Request Restrictions**

You may ask us to limit how your information is used or disclosed. We are not required to agree, but we will consider your request.

#### **D. Right to Request Confidential Communications**

You may request that we contact you in a specific way (e.g., by mail only).

#### **E. Right to an Accounting of Disclosures**

You may request a list of certain disclosures we have made of your PHI.

## **F. Right to a Paper Copy of This Notice**

You may request a paper copy at any time, even if you received this Notice electronically.

## **6. Our Commitment to Holistic Care and Privacy**

As a holistic health center, we understand that your wellness journey is personal. We treat all information shared with us—whether physical, emotional, spiritual, or energetic—with the highest level of confidentiality permitted by law.

## **7. Changes to This Notice**

We reserve the right to change this Notice at any time. Updated versions will be posted at our office and on our website (if applicable). Changes apply to all PHI we maintain.

## **8. Questions or Complaints**

If you have concerns about your privacy or believe your rights have been violated, you may contact us:

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Little Rock, Arkansas 72260

Phone: 501-340-0821

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

You may also file a complaint with the U.S. Department of Health and Human Services. We will not retaliate against you for filing a complaint