



110 Wellness & Counseling  
54 South St, Suite 2  
Wrentham, MA 02093  
110wellness.com

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## Notice of Privacy Practices

Effective Date: March 3, 2026

This notice describes how medical and mental health information about you may be used and disclosed and how you can access this information. Please review it carefully. 110 Wellness & Counseling is committed to protecting the privacy and confidentiality of your protected health information (PHI).

### Your Rights

- You have the right to receive a copy of your medical or therapy record. Reasonable fees may apply for copying or mailing records.
- You have the right to request an amendment if you believe information in your record is incorrect or incomplete.
- You have the right to request confidential communication (for example, asking that we contact you only by phone or email).
- You may request restrictions on how your information is used or disclosed. While we will consider your request, we are not required to agree.
- You have the right to request an accounting of disclosures of your information for reasons other than treatment, payment, or healthcare operations.
- You have the right to receive a paper copy of this notice at any time.

## **Our Responsibilities**

- Maintain the privacy and security of your protected health information (PHI).
- Provide you with this notice of our legal duties and privacy practices.
- Notify you promptly if a breach occurs that may have compromised your information.
- Follow the duties and privacy practices described in this notice.

## **How We May Use and Disclose Your Information**

**Treatment** – Information may be used to provide, coordinate, or manage your care. **Payment** – Information may be used to bill and receive payment for services.

**Healthcare Operations** – Information may be used for administrative and operational activities such as recordkeeping and quality assurance.

## **Situations Where Disclosure May Occur Without**

**Authorization** • If required by federal or Massachusetts law.

- To report suspected abuse or neglect of a child, elder, or disabled person as required under Massachusetts law.
- If there is a serious threat to your health or safety or the safety of another person.
- If required by court order or legal proceedings.
- For public health or safety reporting.

## **Uses and Disclosures Requiring Authorization**

Most uses and disclosures of psychotherapy notes require your written authorization. You may revoke your authorization at any time in writing, except to the extent that action has already been taken in reliance on your authorization.

## **Complaints**

If you believe your privacy rights have been violated, you may file a complaint with: 110 Wellness & Counseling  
Halley Choiniere, LICSW You may also file a complaint with the U.S. Department of Health and Human Services Office for Civil Rights. You will not be penalized for filing a complaint.

### **Changes to This Notice**

110 Wellness & Counseling reserves the right to change this Notice of Privacy Practices. Updated versions will be made available to clients and posted on the practice website.