



Effective Date: August 23, 2025

Last Updated: August 23, 2025

Harborside Health and Wellness LLC respects your privacy and is committed to protecting your personal and health information. This Privacy Policy explains how we collect, use, disclose, and safeguard information when you visit our website harborsideri.com or use our services.

By accessing our website or submitting information, you agree to the practices described in this Privacy Policy.

1. Information We Collect

We may collect the following types of information:

- **Personal Information:** Name, email address, phone number, mailing address, insurance details, or other information you voluntarily provide through forms, appointment requests, or secure messages.
- **Protected Health Information (PHI):** If you are a patient, we may collect information about your health, medical history, and treatment in accordance with HIPAA.
- **Non-Personal Information:** Browser type, IP address, device information, operating system, and site usage data.
- **Cookies & Tracking:** Our website may use cookies and analytics tools to improve performance and user experience.

2. How We Use Your Information

We may use your information for the following purposes:

- To provide healthcare and related services
- To schedule and confirm appointments
- To communicate with you securely about your care
- To verify insurance eligibility and process billing
- To improve our website and services

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- To comply with legal, regulatory, and healthcare obligations

3. HIPAA & Protected Health Information

If you are a patient, your PHI is protected under the Health Insurance Portability and Accountability Act (HIPAA). We will not use or disclose your PHI except as permitted or required by law, such as:

- For treatment purposes (coordination of your care)
- For payment and insurance purposes
- For healthcare operations (quality improvement, training, audits)
- When required by law (e.g., court order, public health reporting)

You will receive a **Notice of Privacy Practices (NPP)** separately, which explains in detail how we handle your PHI.

4. How We Share Information

We do not sell your personal information. We may share information only in the following cases:

- With trusted service providers who support our operations (e.g., secure electronic health record providers, billing services)
- As required by law or court order
- In connection with business transfers (e.g., merger or acquisition)

All vendors handling PHI must comply with HIPAA requirements.

5. Data Security

We implement administrative, technical, and physical safeguards to protect your personal and health information, including secure servers, encryption, and limited access controls. While we strive to protect all data, no method of transmission over the internet is completely secure.



6. Your Rights

As a patient, you have rights under HIPAA, including:

- The right to access your health records
- The right to request corrections to your records
- The right to request restrictions on certain uses and disclosures
- The right to request confidential communications
- The right to receive an accounting of disclosures

To exercise these rights, please contact us (see Section 9).

7. Children's Privacy

Our services are available to children with parental or guardian consent. We do not knowingly collect personal information from children without appropriate authorization.

8. Third-Party Links

Our website may contain links to third-party websites. We are not responsible for the privacy practices of those websites.

9. Contact Us

If you have any questions about this Privacy Policy, HIPAA, or your personal data, please contact us at (401) 398-5733