

## CONFIDENTIAL COMMUNICATIONS

In general, the HIPAA privacy rule gives individuals the right to request a restriction on disclosures of their protected health information (PHI). The individual is also provided the right to request confidential communications or that a communication of PHI be made by alternative means, such as sending correspondence to the individual's office instead of the individual's home.

Healthier Life Medicine PLLC will generally contact patients by written communications or telephone calls. With your consent we will send letters, text messages, emails, or call the number that you provide us below. **These communications may contain confidential information including PHI. E-mail and/or text message communications that contains your PHI are not secured in accordance with the HIPAA security standards.**

I consent to being contacted by Healthier Life Medicine PLLC by the following means:

### **Telephone Communication**

Leave message with call back number only.

### **Email Communication**

Okay to send email correspondence with detailed information. **Note, if you provide an email address, personal information and PHI may be included in the emails.**

### **Text Message Communication**

Okay to send text messages with detailed information. **Note, if you elect to receive text messages, personal information and PHI may be included in the text messages.**

The privacy rule requires healthcare providers to take reasonable steps to limit the use or disclosure of PHI to the minimum necessary. These provisions do not apply when the disclosures are being requested by the patient.

I confirm that I have read and understand the above statement.