

NET COUNSELING SERVICES, LLC

NOTICE OF PRIVACY PRACTICES

Effective Date: September 15, 2026

THIS NOTICE DESCRIBES HOW MEDICAL AND MENTAL HEALTH INFORMATION ABOUT YOU MAY BE USED AND DISCLOSED AND HOW YOU CAN GET ACCESS TO THIS INFORMATION. PLEASE REVIEW IT CAREFULLY.

Net Counseling Services, LLC is committed to protecting the privacy and security of your protected health information (PHI). This Notice explains your rights, our legal duties, and how we may use or disclose your PHI under the Health Insurance Portability and Accountability Act (HIPAA) and other applicable laws.

Your Rights

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

Ask us to correct your record. You may ask us to amend information you believe is incorrect or incomplete. We may deny a request in certain circumstances, but we will explain the reason in writing when required.

Request confidential communications. You may ask us to contact you in a particular way or at a particular location. We will accommodate reasonable requests.

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

Receive an accounting of disclosures. You may request a list of certain disclosures of your PHI made during the period allowed by law. Some disclosures, including many made for treatment, payment, and health care operations, are excluded from the accounting.

Get a copy of this Notice. You may request a paper or electronic copy at any time, including if you previously agreed to receive it electronically.

Choose someone to act for you. If a legally authorized personal representative may act for you, we will verify that authority before allowing the person to exercise your rights.

File a complaint. You may complain to Net Counseling Services, LLC or to the U.S. Department of Health and Human Services Office for Civil Rights if you believe your privacy rights have been violated. We will not retaliate against you for filing a complaint.

Your Choices

For certain health information, you may tell us your preferences about what we share. Depending on the circumstances, this can include sharing information with family members or others involved in your care, assisting in disaster-relief situations, and other uses for which your permission is required. Uses or disclosures for marketing, sale of PHI, or other purposes requiring authorization will not occur without your written authorization. You may revoke an authorization in writing to the extent permitted by law.

How We May Use and Disclose Your PHI

Treatment. We may use and disclose PHI to provide, coordinate, or manage your care and to communicate with other health care professionals involved in your treatment when permitted by law.

Payment. We may use and disclose PHI to bill for services, obtain payment, verify benefits, submit claims, and communicate with health plans or other responsible payers.

Health care operations. We may use and disclose PHI to operate the practice, including quality improvement, professional consultation, credentialing, compliance, auditing, business management, and other lawful health care operations.

Business associates. We may share PHI with vendors or service providers that perform functions for the practice when permitted by HIPAA and subject to appropriate privacy and security obligations.

As required or permitted by law. We may use or disclose PHI when required or permitted by applicable law, including certain public health and safety activities, health oversight, judicial or administrative proceedings, law enforcement purposes, workers' compensation, and to avert a serious and imminent threat when legal standards are met.

Research, organ donation, medical examiners, and similar purposes. We may make disclosures for these purposes only when applicable and permitted by law.

Mental Health and Psychotherapy Information

Mental health information may receive additional protection under federal or state law. Psychotherapy notes, as defined by HIPAA, generally require your written authorization for use or disclosure except in limited circumstances permitted by law. Net Counseling Services, LLC will follow any law that provides greater privacy protection than HIPAA when that law applies.

Substance Use Disorder Records

If Net Counseling Services, LLC creates or maintains substance use disorder patient records that are subject to 42 CFR Part 2, those records receive additional federal confidentiality protections. Uses and disclosures of Part 2 records will be handled in accordance with applicable Part 2 and HIPAA requirements. Part 2 records will not be used or disclosed in civil, criminal, administrative, or legislative proceedings against a patient except as permitted by applicable law. Where consent or authorization is required, you may have the right to revoke it as provided by law.

Our Responsibilities

We are required by law to maintain the privacy and security of your PHI; provide you with this Notice; follow the privacy practices described in the Notice currently in effect; and notify you following a breach of unsecured PHI when notification is required by law. We will not use or disclose your PHI other than as described in this Notice unless you authorize us in writing or another law permits or requires the use or disclosure.

Changes to This Notice

We may change the terms of this Notice and may make the revised Notice effective for PHI we already maintain as well as information we receive in the future. The current Notice will be available upon request and will be posted on our website.

Questions, Requests, or Complaints

Privacy Contact: Net Counseling Services, LLC
Website / Secure Client Portal: netcounseling.clientsecure.me
Email: lvng2srv@gmail.com
Phone: 405-213-7376

You may also file a complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, 200 Independence Avenue, S.W., Washington, D.C. 20201; telephone 1-877-696-6775; or through the HHS Office for Civil Rights complaint process. Filing a complaint will not affect your treatment and we will not retaliate.