All Ways Chiropractic
Dr. Michael Eekhoff, B.A., D.C.
655 Golf Club Place SE Suite C, Olympia, WA 98503
Ph: (360) 352-8896 - Fax: (360) 705-0633 - www.AllWaysChiro.com

About You

Today's Date:_____

Legal Name:_____

Preferred Name:

Sex: Male ❒ Female ❒

Date of Birth: ____/____/____

Social Security Number (optional):_____

Marital Status: Married ❒ Single ❒ Divorced ❒ Separated ❒ Widow(er) ❒

Preferred Contact # ❒ Home ❒ Cell ❒ Work ❒ Other

Home #_____ Cell #_____

Work #_____ Other #_____

Mailing Address_____

City_____ State_____ Zip Code_____

Email _____

****We will not sell your e-mail for patient communication purposes – It is for internal purposes only.**

Referred by:_____

Patient's Occupation: _____ Employer: _____

Emergency Contact_____ Relationship_____

Phone #_____ ❒ Home ❒ Cell ❒ Work

INSURANCE INFORMATION

Primary Insurance

Insured Name:_____ Date of Birth_____

Male ❒ Female ❒ Relationship to Patient: _____

Insured Address: _____

Secondary Insurance

Insured Name:_____ Date of Birth_____

Male ❒ Female ❒ Relationship to Patient: _____

Insured Address: _____

All Ways Chiropractic
655 Golf Club Place SE Ste C
Lacey, WA 98503

Amanda Dean, LMT
Ph: (360) 352-8896 Fax: (360) 705-0633

Massage Intake Questionnaire

Patient Name:_____ Date:_____

What is your occupation? _____
Are you allergic to anything? _____
Are you taking any medications? _____
Are you pregnant? _____ Due date: _____
Do you smoke? (please circle) Yes No If yes, how often per week? _____
Consume Alcohol? (please circle) Yes No If yes, how often per week? _____
Exercise? (please circle) Yes No If yes, how often per week? _____

Present Complaints: (Please Circle)

Headaches	Mental Dullness	Loss of Memory	Dizziness
Neck Pain	Fainting	Upper Back Stiffness	Lower Back Stiffness
Neck Restrictions	Nervousness	Hands/Feet Cold	Depression
Rib Pain	Shortness of Breath	Eye Strain/Pain	Confusion
Blurred Vision	Constipation	Unbalanced	Chest Pain
Ears Ringing	Irritability	Tension	Mid Back Stiffness
Upper Back Pain	Mid Back Pain	Lower Back Pain	Pins & Needles in Neck/Arms/Hands

Circle the following if you have:

Difficulty in:	Standing	Sitting	Bending	Walking
Pain Radiating to the:	Right Arm	Left Arm	Right Leg	Left Leg
Cannot Lift:	Light	Moderate	Heavy	Repetitive
Pain Radiating to the:	Neck	Base of Skull	Shoulders	Arms

How would you rate the level of discomfort on a scale of 1 to 10?

1 2 3 4 5 6 7 8 9 10

What is the frequency of the discomfort?

10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

How bad is the discomfort at its worst?
1 2 3 4 5 6 7 8 9 10

How would you rate the discomfort at its best?
1 2 3 4 5 6 7 8 9 10

When did the discomfort begin? _____

Please list all injuries & dates: _____
_____

Please list all operations/surgeries & dates: _____
_____

Describe the onset of the discomfort: Occasional Gradual Sudden
Comments: _____

What movement(s) aggravates the discomfort?

Bending	Carrying	Climbing	Coughing	Crawling
Dressing	Driving	Eating	Exercising	Jumping
Kneeling	Lifting	Lying Down	Pulling	Pushing
Reaching	Sitting	Sleeping	Sliding	Sneezing
Standing	Turning	Twisting	Typing	Walking

How long does the discomfort remain that way? _____

What relieves the discomfort?

Ice	Heat	Exercising	Lying Down	Stretching
Resting	Sleeping	Sitting Down	Walking	Massage
Chiropractic	Medication			

What percentage would you say that the discomfort improves after trying the above activities?

10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

What is the quality of the discomfort?

Aching	Burning	Continuous	Deep	Dull
Frequent	Gradual	Intense	Intermittent	Mild
Moderate	Numbness	Sharp	Shooting	Sore
				Severe

When is discomfort at its worst?

Morning	Afternoon	Evening	Just before bed

_____

Patient Signature Date

All Ways Chiropractic

Amanda Dean, LMP

Dr.Michael Eekhoff,DC,CICE

655 Golf Club Place SE
Suite C
Lacey, WA 98503
Phone:360-352-8896
Fax:360-705-0633

Massage Informed Consent

I, (patient name, please print) _____ have chosen to consult with and hereby give consent for massage therapy to be provided by the All Ways Chiropractic Licensed Massage Therapists.

I have provided a detailed medical history. I do not expect the therapist to have foreseen any previous or pre-existing condition that I have not mentioned.

I understand that massage may provide benefits for certain conditions but results are not guaranteed. These benefits may include relief of muscular tension, relaxation, reduction in the symptoms of stress-related conditions and provision of general wellbeing.

I also understand that massage therapy may produce side effects such as muscle soreness, mild bruising, increased awareness of pain, light-headedness, increased inflammation, fatigue or tiredness, possible headache and or nausea. Typically, it is rare to experience all of these symptom's at once.

I am aware that the therapist does not diagnose illnesses, prescribe medications nor physically manipulate the spine or its immediate articulations.

The therapist understands that I have the right to question procedures used and to receive an explanation of any procedure that the therapist performs.

I will tell the therapist about any discomfort I may experience during the therapy session and understand that the therapy will be adjusted accordingly.

_____ _____

Patient or Parent/Guardian Signature Date

_____ _____

Authorized All Ways Chiropractic Employee Signature Date

All Ways Chiropractic

Dr. Michael Eekhoff, B.A., D.C.
Amanda Dean, LMP

655 Golf Club Place SE Ste C
Lacey, Washington 98503
Phone: (360) 352-8896
Fax: (360) 705-0633

Massage Therapy
Consent & No Show Policy

We strive to render excellent care to you and the rest of our patients. In an attempt to be consistent with this, we have an Appointment Cancellation Policy that allows us to schedule appointments for all patients. When an appointment is scheduled, that time has been set aside for you and when it is missed, that time cannot be used to treat another patient.

Our policy:
We require 24 hours notice in the event that you need to reschedule or cancel your appointment. If you miss or cancel an appointment without notice in the required time frame, it will result in a No-Show charge. This charge cannot be billed to your health insurance or personal injury insurance, and is due immediately.

The first No Show is a **$45.00 charge**.
Further No Shows are a **$65.00 charge**.

By signing below, you are acknowledging that you understand this policy, and that you are financially responsible should these charges occur.

_____
Patient Name (please print)

_____ _____
Patient Signature Date

_____ _____
Parent or Guardian Signature Date

All Ways Chiropractic

Office Policy

Our goal is to provide exceptional service and ensure that all questions are answered to eliminate confusion when it comes to your care at All Ways Chiropractic. Our office policy allows us to convey how our office operates, while allowing us to meet our goals of exceptional service. Please read our Office Policy carefully. If you have any questions, please do not hesitate to ask any member of our staff.

1) We bill your health insurance as a courtesy to you, along with all required documentation. However, we are NOT participating with ALL insurance companies. It is your responsibility to note any coverage differences when we are an out of network provider.
2) We make every attempt to accurately verify your insurance coverage and to accurately estimate any out-of-pocket expenses you may have. However, it is ultimately your responsibility to understand your plan benefits. It is your responsibility to know if a referral or authorization is required, what services are covered or not covered, and any out-of-pocket expenses under your policy benefits.
3) You are ultimately responsible for your care and agree to accept full responsibility for all services rendered whether they are a covered service or a non-covered service by your insurance policy.
4) According to your personal health insurance benefits you may be responsible for a deductible, co-pay and/or co-insurance. Those fees are due to All Ways Chiropractic and will be collected based upon your health insurance policy benefits and claims processing determination.
5) All Ways Chiropractic does not bill Durable Medical Equipment (DME) supplies to health insurance companies. The cost of all supplies are to be paid directly to All Ways Chiropractic on the date of the purchase. You have the option of submitting a claim to your health insurance company if you choose.
6) If you do not have health insurance, maxed out your benefits, or are on a maintenance care plan we will extend our Time of Service (TOS) rates to you. The TOS fee is to be paid at the TOS, no exceptions. Our office saves on clerical costs which allows All Ways Chiropractic to extend those savings to you. To be eligible for our TOS rates you must pay for your treatment at the TOS or purchase a TOS package. We do not send bills. If we are forced to send a bill due to non-payment at the Time of Service for a forgotten wallet, etc. the reduced rate will be reversed to our actual fee for service. To avoid any issues, payment for a TOS visit is due prior to receiving your service. This policy applies to TOS packages as well. If you decide to stop care at our office prior to completing a TOS package you have the option to cancel the TOS package. Any used visits from the TOS package will be reverted to our actual fee. All Ways Chiropractic will reimburse you any monies owed to you within 30 days. Any monies owed to our office will be due immediately. Any/all monies paid and packages purchased on a TOS account cannot be shared or transferred with any other account you have within our office, including family members.
7) Patient statements are sent monthly and should arrive to you mid-month.
8) We reserve the right to send any unpaid balances to a collection agency.
9) We reserve the right to refuse services to anyone.
10) A fee of $35.00 will be assessed on any returned checks.
11) If you receive an updated insurance card due to switching plans, a new calendar or fiscal year commences, or you completely change health insurance companies, All Ways Chiropractic requires a copy of your new card if you would like us to continue billing your health insurance company for payment for services rendered to you. Otherwise, you are welcome to utilize our TOS rates.
12) There are times when insurance policies change throughout the year, which might change your out-of-pocket expense. If this happens you should be notified by your insurance company. It is not the responsibility of All Ways Chiropractic to stay up to date on your insurance policy and available benefits.

13) Decompression is not a covered service by health insurance companies. A consecutive 4-day decompression trial is offered for any patient that is a candidate for lumbar decompression therapy. After the 4-day trial, a tailor fitted treatment plan and service costs will be discussed. The treatment plan cost consists of discounted rates for agreeing to the recommended treatment plan. If at any time you feel as though decompression services are not meeting your health needs you have the option to opt out of the agreement by paying full price for decompression services received up to the last date of treatment. Any/all monies paid towards the decompression services agreement will be applied toward services rendered. Any additional monies owing after cost adjustments have been made are due immediately upon cancellation of the decompression agreement. Pay as you go treatment is also available without a signed agreement.
14) We require 24-hour notice when canceling a massage. If 24-hour notice is not provided to All Ways Chiropractic then a NO SHOW fee will be added to your account in the amount of $45.00 for the first NO SHOW, and $65.00 for each NO SHOW thereafter. Any NO SHOW fees incurred will be *your* responsibility, regardless if you are being treated on an injury claim or if we are billing your health insurance. *A NO SHOW fee is NOT covered by any insurance company; therefore, a NO SHOW fee is paid directly to All Ways Chiropractic by you, the patient.* After too many NO SHOWs (determined by All Ways Chiropractic) which include not providing proper 24-hour cancellation notice or missing the appointment entirely, All Ways Chiropractic reserves the right to not pre-schedule future massage appointments.
15) Know your benefits. Your insurance policy informs you of your available health insurance benefits. MOST insurance plans limit the number of Chiropractic, massage and physical therapy benefits that are available for your use. All Ways Chiropractic does our due diligence to keep track of how many visits you have used at our office. However, it is ultimately your responsibility to know how many times you come in for care. This includes visiting other Chiropractic offices as *ALL* Chiropractic visits count towards your Chiropractic benefit regardless of the Doctor of Chiropractic you have seen. If you are treated more times than what your insurance benefits allow then each visit thereafter will be denied by your health insurance company as "maxed benefits", and the cost for your visit will be 100% of the charges for those visits. Deductible, co-pay and co-insurance amounts do not apply to maxed benefits.
16) If you have an open injury claim due to an auto accident, pedestrian related injury, work injury or a slip and fall, please notify the front desk. Please supply All Ways Chiropractic with the Date of Injury (DOI), type of claim ie: MVA or work injury claim, name of the insurance company, claim number, phone number, name of the adjuster and attorney information.

Let's all work together for the benefit of you and your health!

Patient Name:_____ Date:_____

Patient Signature_____ ***Employee Initials***_____

Last Updated 02.21.2024 - klf

ALL WAYS CHIROPRACTIC, PLLC

PATIENT FINANCIAL AGREEMENT

Please ***print your initials on the line*** next to your method of payment. This helps with billing procedures and proper record keeping.

_____ **TIME OF SERVICE (TOS):** Payment is expected as the services are rendered. We accept cash, checks, Master Card, Visa, American Express, Discover, Care Credit, FSA (Flex Savings Account) cards, and HSA (Health Savings Account) cards.

_____ **HEALTH INSURANCE:** Co-payments and co-insurance payments are due at the time of service. Please provide us with a copy of the front and back of your health insurance card. Any quote of benefits we receive from your insurance company does not guarantee coverage or insurance payment. We are not responsible for any changes made to your insurance policy. It is your responsibility to know your insurance benefits. Your insurance claims will be billed by an in-house biller or an employee. You are ultimately responsible for your account, which could include deductibles, co-pays, co-ins, non-covered services and denied services.

_____ **PERSONAL INJURY:** Please provide us with all the necessary information needed for billing. This will include the name and phone numbers of ALL insurance companies involved. The claim number(s), date of accident, ALL insured party's name (including third party name), and/or the name of your attorney, if represented. We require an attorney for all third party claims and for those insured with USAA. Our office does not bill health insurance for personal injury claims. We reserve the right to file a lien at any time. You are ultimately responsible for your account and all charges incurred with our office.

_____ **LABOR & INDUSTRIES:** You are responsible for filling out the Labor & Industries long claim form or the claim form necessary for self-insured businesses, which can be done at our office. If you are switching care from another physician, we have the required transfer card available. If your claim is not accepted or services are not covered, you are ultimately responsible for your account and all charges incurred with our office.

_____ **MEDICARE:** Please provide us with a copy of your Medicare card and supplemental health card, if applicable. You are responsible for your annual deductible that begins each January of the New Year. Medicare does not cover x-rays, examinations or maintenance care. Medicare will only pay for services they determine to be medically necessary. You are ultimately responsible for your account with our office.

-Assignment and Release-

I, the undersigned, certify that I (or my dependent) have insurance coverage with _____ and assign directly to All Ways Chiropractic, PLLC, all insurance benefits, if any, otherwise payable to me for services rendered. I understand that I am financially responsible for all charges whether or not paid by insurance. I hereby authorize the use of this signature on all insurance submissions.

Treatment provided at All Ways Chiropractic is based upon the condition that is being treated. Therapies provided by Dr. Michael Eekhoff can include 1-2, 3-4 or 5 region chiropractic manipulation, extremity adjustment ie: foot, ankle, shoulder, wrist, elbow, rib etc, self-care home management training as well as mechanical traction. These services are provided on an individual basis depending on what is in the best interest of your body and your healing. Treatment is provided based upon medically necessity and will not be discussed prior to any treatment provided while in the adjusting room. If you have any questions please speak with the Receptionist, Office Manager, Dr. Michael Eekhoff. Other therapies offered at All Ways Chiropractic include laser therapy, decompression therapy, massage therapy, nutrition recommendations and supplements as well as Durable Medical Equipment (DME).

_____ _____

Signature of Patient or Authorized Representative Date

_____ _____

Doctor Signature Date

_____ _____

Attorney Signature Date

All Ways Chiropractic
655 Golf Club Place SE Suite C
Lacey, WA 98503
Ph: (360) 352-8896 *Dr. Michael Eekhoff, B.A., D.C. CICE* Fax: (360) 705-0633

Notice of Privacy Practices: Signature Page

This notice describes how All Ways Chiropractic PLLC may use and disclose your medical information, and how you may access this information. Please review this notice carefully. If you have any questions about this notice, please contact our privacy officer at 360-352-8896 or email at officemanager@allwayschiro.com.

We are required by law to maintain the privacy of your protected Health Information, to notify you of legal duties and privacy practices with respect to your health information and to notify affected individuals following a breach of unsecured health information. This notice summarizes our duties and your rights concerning your information.

This Notice of Privacy Practices describes All Ways Chiropractic PLLC practices and that of any of our affiliates. All employees, staff and other personnel will follow the terms of this notice. In addition, these entities, sites, and locations may share medical information with each other for treatment, payment or health care operation purposes as described in this Notice.

Changes to this Notice:
We reserve the right to change the terms of our Notice at any time. Any revisions of the Notice will be effective for all Protected Health Information that we maintain at that time. To receive a copy of the revised Notice, you may contact our Privacy Officer and request that a revised copy be sent to you in the mail. Additionally, you may also obtain a copy at the front desk at your next appointment.

All Ways Chiropractic PLLC is committed to protecting your medical information:
We understand and appreciate the personal nature of any information related to you and your health. All Ways Chiropractic PLLC is committed to protecting your medical information, and are required by law to:

- Ensure the privacy of your identifiable medical information
- Provide you with this notice of our legal duties and privacy practices with respect to your medical information
- Follow the terms of the most current Notice.
- I acknowledge I have received a hard copy of All Ways Chiropractic notice of patient privacy policy. Please initial on the line. _____

I have read and understand the Notice of Privacy Practices from All Ways Chiropractic PLLC.

_____ _____
Patient Printed Name Date

_____ _____
Patient Signature AWC Employee Initial

NOTICE OF PRIVACY POLICY:

This Notice of Privacy Practices describes how we may use and disclose your Protected Health Information to carry out treatment, payment, or health care operations, and for other purposes that are permitted or required by law. It also describes your rights to access and control your Protected Health Information. "Protected Health Information" refers to information about you, including demographic information that may identify you, and relates to your past, present or future physical, mental or health condition related to healthcare services.

Uses and Disclosures of Protected Health Care Information Based Upon Your Written Consent.

You will be asked by All Ways Chiropractic PLLC to sign a consent form. Once you have consented to use and disclosure of your protected Health Information for treatment, payment, and health care operations by signing the consent form, All Ways Chiropractic PLLC will use or disclose your Protected Health Information as described in this section. Each category of uses and disclosures will be explained but not every use or disclosure in each category will be listed. However, every permissible use or disclosure will fall under one of the following categories.

Treatment: We will use and disclose your Protected Health Information to provide, coordinate, or manage your health care and any related services. This includes the coordination or management of your health care with a third party that has already obtained your permission to have access to your Protected Health Information.

Payment: Your Protected Health Information will be used and disclosed, as needed, to obtain payment for your health care services. Other uses and disclosures may include certain activities that your health insurance plan may undertake before it approves, or pays, for the health care services we recommend for you. For example, insurance companies that require us to relay to them the services or treatment you are going to receive, or have received in this clinic, so they may determine coverage and payment.

Health Care Operations: We may use or disclose, as needed, your Protected Health Information for operations and business activities. These activities include, but are not limited to, quality assessment activities, employee review activities, employee training, licensing, marketing and fundraising activities, conducting or arranging for other business activities, and compliance with state law. For example, we may disclose Protected Health Information to employees and massage therapists that interact with those patients within our clinic. In addition, we may use a sign in sheet at the front desk where you will be asked to sign your name. We may also call you by name in the waiting room when your treating provider is ready to see you. We may use or disclose your Protected Health Information, as necessary, to contact you to remind you of your appointment. Your Protected Health Information might be visible to third party "business associates" that perform various activities such as IT. Whenever an arrangement between our office and a business associate involves the use or disclosure of your Protected Health Information, we will obtain a written contract that contains terms that will protect the privacy of your Protected Health Information. We may use or disclose your Protected Health Information, as necessary to other providers, to provide you with information about treatment alternatives or other health related benefits and services that may be of interest to you. We may use and disclose your Protected Health Information for other marketing activities. For example, your name and address may be used to send you a newsletter about our practice and the services we offer. We may also send you information about products or services that we believe may be beneficial to you.

Uses and Disclosures of Protected Health Information Based Upon Your Written Authorization:

Other uses and disclosures not described in this Notice will be made only with your written authorization. You may revoke your written consent by submitting a written notice to the Privacy Officer. The revocation will not be effective to the extent that All Ways Chiropractic PLLC has already acted in the reliance of the authorization. Once your revoked authorization is received, and approved, then any/all activities pertaining to the specific uses and disclosures will cease.

Other permitted and Required Uses and Disclosures That May Be Made with Your Consent, Authorization or Opportunity to Object: You will be granted the opportunity to agree or object to the use or disclosure of all or part of your Protected Health Information. If you are not present, not able to agree, or object to the use or disclosure of the Protected Health Information, then in our best professional judgment All Ways Chiropractic PLLC may determine whether the disclosure is in your best interest. In this case, only the minimum necessary Protected Health Information relevant to your health care will be disclosed.

Others Involved in Your Healthcare: Unless you instruct us otherwise, during an emergency we may disclose to a member of your family, relative, a close friend or any other person you identify, your Protected Health Information that directly relates to that person's involvement in your health care. If you are unable to agree, or object, to such a disclosure we will determine what is in your best interest based on our professional judgment. We may use or disclose Protected Health Information to notify, or assist in notifying, a family member, personal representative, or any other person that is responsible for your care or general condition. Finally, we may use or disclose your

Protected Health Information to an authorized public or private entity to assist in disaster relief efforts, to coordinate uses and disclosures to family or other individuals involved in your health care.

Emergencies: We may use or disclose your Protected Health Information in an emergency treatment situation. If this happens, All Ways Chiropractic PLLC staff shall attempt to obtain your consent as soon as reasonably practicable after the delivery of treatment. If the doctor or any staff member at All Ways Chiropractic PLLC is required by law to treat you,

and has attempted to obtain your consent yet is unable to obtain your consent, he or she may still use or disclose the minimum necessary Protected Health Information to treat you.

Communications Barriers: We may use and disclose your Protected Health Information if we attempt to obtain consent from you but are unable to do so due to substantial communication barriers. We will determine, using professional judgment, if you intended to consent to use or disclose under these circumstances

Other Permitted and Required Uses and Disclosures That May Be Made Without Your Consent, Authorization or Opportunity:

We may use or disclose your Protected Health Information in the following situations without your consent or authorization. These situations include, but are not limited to the following:

When Required By Law: We may use or disclose your Protected Health Information to the extent that the use or disclosure is required by law. The use or disclosure will be made in compliance with the law and will be limited to the minimum necessary. You will be notified, as required by law, of any such uses or disclosures. We may use or disclose your information to state agencies for registry purposes as appropriate and required under State of Washington law.

Public Health: We may disclose the minimum necessary amount of your Protected Health Information for public activities to a public health authority that is permitted by law to collect or receive the information. These uses and disclosures may include, but are not limited to the following:

- To prevent disease, injury, or disability.
- To report child abuse or neglect by making a telephone report to the appropriate authorities, and to follow this report with a written confirmation.
- To report reaction to medication of problems with products required by the Food and Drug Administration.
- To notify a person who may have been exposed to a disease or may be at risk for contracting or spreading a disease or condition.
- To notify the appropriate government authority if we believe a client has been the victim of domestic violence. We will only make this disclosure if you agree, and when consistent with the requirements or authorizations of applicable Washington State and Federal Law.

Criminal Activity: Consistent with applicable federal and state laws we may disclose your Protected Health Information if we believe that the use or disclosure is necessary to prevent or lessen a serious and imminent threat to the health, safety of a person or the public. We may also disclose Protected Health Information if it is necessary for law enforcement authorities to identify or apprehend an individual. Any such disclosures would be limited to the minimum necessary, and would be made to someone included in the prevention of the threat.

Military Activity: When the appropriate conditions apply, we may use or disclose Protected Health Information of individuals who are Armed Forces personnel for activities deemed necessary by appropriate military command authorities, for the purpose of a determination by the Department of Veterans Affairs of your eligibility for benefits, or to foreign military authority if you are a member of that foreign military services.

Worker's Compensation: We may disclose your Protected Health Information for workers compensation and other similar legally establishes programs, in accordance with state and federal law regarding such disclosures.

National Security: We may disclose your Protected Health Information to authorized federal officials for intelligence, counterintelligence, and other national security activities authorized by law.

Required Uses and Disclosures: By law, we must make minimum necessary disclosures when required to do so by state, federal, or local law.

Your Rights Regarding your Protected Health Information

Following is a statement of your rights with respect to your Protected Health Information and a brief description of how you may exercise these rights.

Right to Inspect and Copy: This means you may inspect and obtain a copy of Protected Health Information about you that is contained in a designated record set for as long as we maintain the Protected Health Information. A "designated record set" contains medical and billing records and any other records that your physician and the

practice uses for making decisions about you. Depending on the circumstances, a decision to deny access may be reviewable. In some circumstances you may have a right to have this decision reviewed. Please contact our Privacy Officer if you have questions about access to your medical record. To inspect and/or copy your medical information maintained by All Ways Chiropractic PLLC you must submit your request in writing to the front desk. You may be charged a fee for the administrative costs of retrieving, copying, mailing, and any other activities associated with your request.

Right to Request an Amendment: If you feel any of your medical information maintained by All Ways Chiropractic PLLC is incorrect or inaccurate you may request an amendment of that information for as long as we maintain this information. In certain cases, we may deny your request for an amendment. To request an amendment, your request must be made in writing and must include the reason for the request. All requests for amendment are to be submitted to the front desk. All Ways Chiropractic PLLC reserves the right to deny your request for amendment for any of the following reasons:

- The information is complete and accurate
- We did not create the information
- The person or entity that created the information is no longer available to make the amendment
- The information is not part of the medical information kept by our facility
- The request pertains to information that you are not permitted to inspect and copy.

You have the right to file a statement of disagreement with us. In turn, we may prepare a rebuttal to your statement and will provide you with a copy of any such rebuttal. Please contact our Privacy Officer if you have questions about amending your medical record.

Right to an Accounting of Disclosures: This right applies to disclosures for purposes other than treatment, payment or health care operations as described in this Notice of Privacy Practices for a time frame of up to seven (7) years from the date of the request. It excludes routine disclosures, such as any we may have made to you, for a facility directory, to family members or friends involved in your care, or for notification purposes. To request an accounting of disclosures, you must submit a written request to the front desk. Your request must state a time period, which may not exceed Seven years. You will not be charged for the first request for accounting within a twelve-month period, however, you may be charged a fee for the administrative costs of retrieving, copying, mailing, and any other activities associated with any additional requests for accounting. You will be notified of the costs involved and will have the option to withdraw your request at that time, before any costs are incurred.

Right to Request Restriction: You have a right to request that All Ways Chiropractic PLLC restrict the use or disclosure of any part of your Protected Health Information for the purposes of treatment, payment, or health care operations. You may also request that your Protected Health Information be disclosed to family members or friends for notification purposes. You may request additional restrictions on the use or disclosure of information for treatment, payment, or health care operations. We are *not* required to agree to the requested restrictions except in the limited situation in which you or someone on your behalf pays in full for an item or service, and you request that information concerning such item or service not be disclosed to a health insurer.

Right to Request Confidential Communications: You have the right to request to receive confidential communications from All Ways Chiropractic PLLC by alternative means or at an alternative location. For example, you may wish to be contacted only at work or by mail. We will accommodate reasonable requests. We may also condition this accommodation by asking you for information as to how payment will be handled or specification of an alternative address or other method of contact. We will not request an explanation from you as to the basis for the request. This request must be made in writing to the front desk and must specify how and where you wish to be contacted.

Right to obtain a copy of this Notice: You have the right to obtain a copy of this Notice of Privacy Practices upon request. To receive a copy of this Notice, or any future revisions of the Notice, you may contact our Privacy Officer and request that a revised copy be sent to you in the mail. Additionally, you may also obtain a copy at the front desk at the time of your next appointment.

Complaints

If you believe your privacy rights have been violated, you may file a complaint with All Ways Chiropractic PLLC or with the Secretary of Health and Human Services. You may also contact our Privacy Officer for further information about the complaint process. We will not retaliate against you for filing a complaint.