

Notice of Privacy Practices - Anchor Health

Effective Date: May 19, 2026

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

At Anchor Health, we are committed to protecting the privacy and confidentiality of your Protected Health Information (PHI). We practice Anchored Care^{SMIP}, a relationship-based model of medicine that values the trust between clinician and patient. As part of this commitment, we maintain high standards of security for our telehealth services and strictly adhere to federal and state privacy laws.

At Anchor Health, we are required by law to:

- Maintain the privacy of your PHI.
- Provide you with this notice of our legal duties and privacy practices with respect to PHI.
- Notify affected individuals following a breach of unsecured PHI.
- Abide by the terms of the notice currently in effect.

We may use and disclose your PHI for the following purposes:

- **Treatment:** We use your PHI to provide medical care (e.g., sharing info with a specialist or pharmacist).
- **Payment:** We use your PHI to bill and collect payment from you or your insurance company.
- **Healthcare Operations:** We use your PHI to run our practice, improve care, and contact you when necessary.

- **Public Health Risks:** We may disclose PHI for public health activities, such as preventing or controlling disease, injury, or disability.
- **Health Oversight Activities:** We may disclose PHI to a health oversight agency for activities authorized by law, such as audits, investigations, and inspections.
- **Lawsuits and Disputes:** If you are involved in a lawsuit or a dispute, we may disclose PHI in response to a court or administrative order.
- **Law Enforcement:** We may release PHI if asked by a law enforcement official if the disclosure is required by law or in response to a warrant or subpoena.

Other uses and disclosures of PHI not covered by this notice or the laws that apply to us will be made only with your written authorization. Specifically, we must obtain your authorization for:

- **Marketing:** We will not use your PHI for marketing purposes without your authorization.
- **Sale of PHI:** We will not sell your PHI.
- **Psychotherapy Notes:** Most uses and disclosures of psychotherapy notes require your authorization.

You may revoke an authorization at any time by submitting a written revocation to our Privacy Officer.

You have the right to:

- **Inspect and Copy:** View and get a copy of your health record.
- **Amend:** Ask us to correct health info you think is incorrect.
- **Accounting of Disclosures:** Get a list of who we've shared your info with (outside of treatment/payment/ops).
- **Request Restrictions:** Ask us not to use or share certain health info.
- **Confidential Communications:** Ask us to contact you in a specific way (e.g., home phone vs. work phone).
- **Paper Copy:** Get a paper copy of this notice at any time.

We reserve the right to change this notice. We reserve the right to make the revised or changed notice effective for PHI we already have about you as well as any information we receive in the future. We will post a copy of the current notice on our website at <https://myanchorhealthpc.com/>.

If you believe your privacy rights have been violated, you may file a complaint with Anchor Health or with the Secretary of the U.S. Department of Health and Human Services. You will not be penalized for filing a complaint.

Contact Information

If you have questions or want to exercise your rights, please contact: **Privacy Officer: Paule Valery Joseph** Anchor Health 1451 Rockville Pike Ste 250-247 Rockville, MD 20814 Email: info@myanchorhealthpc.com Phone: 301-301-9748