

NOTICE OF PRIVACY PRACTICES

VMed Weight Loss & Hormone Health

Effective Date: February 16, 2026

Our Legal Duties

We are required by law to maintain the privacy of your protected health information (PHI), provide you with this notice of our legal duties and privacy practices, and notify you following a breach of unsecured PHI. We must follow the terms of the notice currently in effect.

How We Use and Disclose Your Information

Treatment

We use your information to provide and coordinate care with other providers, pharmacies, and labs.

Payment

We use your information to bill and receive payment.

Healthcare Operations

We use your information to run our business, improve services, and contact you. We may contact you via email or text message for appointment reminders or clinical updates. By providing your contact information, you consent to these communications, though you may opt out at any time.

Other Uses and Disclosures

We may disclose your information without your authorization for:

Public health and safety

Abuse or neglect reporting

Health oversight activities

Judicial and administrative proceedings

Law enforcement purposes

Serious threats to health or safety

Workers' compensation

Uses Requiring Authorization

We require written permission for:

Marketing
Sale of PHI
Certain sensitive information disclosures
You may revoke authorization at any time in writing.

Your Rights

You have the right to:

1. Access and obtain a copy of your records
2. Request corrections to your records if you believe they are inaccurate.
3. Request confidential communications
4. Request restrictions (including not billing insurance if paying out of pocket)
5. Receive an accounting of disclosures
6. Receive a paper or electronic copy of this notice
7. File a complaint

To exercise any of your rights listed above, please submit a written request to our Privacy Officer.

Complaints

You may file a complaint with:

VMed Weight Loss & Hormone Health
Privacy Officer: Vennessa Wilson, NP

OR with:

U.S. Department of Health and Human Services
Office for Civil Rights
www.hhs.gov/ocr/privacy/hipaa/complaints/

You will not be retaliated against.

Special Protections

Includes protections under:

42 CFR Part 2 (substance use records). In accordance with New York State law, certain records (including HIV- related information and genetic tests) receive higher levels of protection and will not be released without specific written authorization unless required by law.

New York State confidentiality laws

Changes to This Notice

We reserve the right to change this notice. Updated versions will be available upon request.