Notice of Privacy Practices

Bloom Counseling & Nutrition
Effective January 19, 2027

NOTICE OF PRIVACY PRACTICES OF BLOOM COUNSELING & NUTRITION
THIS NOTICE DESCRIBES:

HOW HEALTH INFORMATION ABOUT YOU MAY BE USED AND DISCLOSED.
YOUR RIGHTS WITH RESPECT TO YOUR HEALTH INFORMATION.
HOW TO EXERCISE YOUR RIGHT TO GET COPIES OF YOUR RECORDS AT LIMITED COST OR, IN SOME CASES, FREE OF CHARGE.
HOW TO FILE A COMPLAINT CONCERNING A VIOLATION OF THE PRIVACY OR SECURITY OF YOUR HEALTH INFORMATION, OR OF YOUR RIGHTS CONCERNING YOUR INFORMATION, INCLUDING YOUR RIGHT TO INSPECT OR GET COPIES OF YOUR RECORDS UNDER HIPAA.
YOU HAVE A RIGHT TO A COPY OF THIS NOTICE (IN PAPER OR ELECTRONIC FORM) AND TO DISCUSS IT WITH KELLY ELISE ULMER, PRIVACY OFFICER, AT (970) 317-2889 OR INFO@BLOOMCOUNSELINGANDNUTRITION.COM IF YOU HAVE ANY QUESTIONS.
PLEASE REVIEW IT CAREFULLY.

Bloom Counseling & Nutrition ("Bloom," "we," or "our") provides mental health counseling and nutrition services. Protected health information (PHI) is information about your health, treatment, or payment that identifies you. We must protect PHI, provide this Notice, and follow the Notice currently in effect. We follow stricter applicable federal or Colorado confidentiality laws when they provide greater protection.

How we use and disclose health information

Treatment

We use PHI to evaluate, diagnose, treat, coordinate and manage your care, including consultation, supervision, referrals, and communication with other providers when allowed by applicable law. For example, a therapist may consult with another licensed clinician about care. We may ask for a release before outside communication as a practice policy or when required by law. HIPAA permits many treatment disclosures without authorization, but stricter laws may apply to behavioral health and specially protected records.

Payment

We may use and disclose PHI to check insurance coverage, submit claims, collect fees, and

respond to payment inquiries. For example, an insurer may request information to determine payment, subject to applicable restrictions.

Health care operations

We may use PHI for quality review, training, supervision, auditing, licensing, compliance, credentialing, and other permitted operations. We may tell you about treatment alternatives and health-related services, consistent with applicable law.

Care coordination

We may share relevant information with health providers and, where legally permitted, social service agencies, community-based organizations, and similar providers of health-related services for care coordination or case management. The HIPAA minimum-necessary standard applies when required. Colorado and Part 2 restrictions still apply.

People involved in your care

When permitted, we may share information relevant to your care or payment with relatives, friends, or others you identify, usually after offering you an opportunity to agree or object. If you cannot respond, professional judgment and applicable law govern. We may disclose limited information for disaster-relief or notification purposes.

Business associates

We may disclose information to vendors performing services for Bloom, subject to legally required business associate agreements and safeguards.

Appointment reminders

We may contact you about appointments, treatment alternatives, and other health-related benefits or services, consistent with your reasonable confidential-communication requests.

Other disclosures permitted or required by law

Depending on the circumstances and applicable legal protections, we may disclose information without authorization for:

Public health and oversight

Public health reporting and legally authorized government audits, investigations, inspections, and oversight.

Abuse and neglect

Reporting suspected child abuse or neglect and abuse, neglect, or exploitation of at-risk adults when Colorado law requires or permits reporting. Applicable reporting agencies and thresholds depend on the circumstances.

Safety and duty to warn or protect

We may use or disclose information to prevent or respond to serious safety threats, emergencies, or other circumstances when applicable law permits or requires it. Colorado's duty-to-warn/protect statute (C.R.S. § 13-21-117) has specific conditions; a general concern about risk does not automatically authorize unrestricted disclosure. We limit disclosures to those legally appropriate for the circumstances.

Courts and legal proceedings

We respond to subpoenas, court orders, and other legal demands only when disclosure is authorized or required after considering applicable Colorado privilege, confidentiality law, HIPAA, and any Part 2 restrictions. A subpoena alone does not invariably authorize disclosure. When required, we seek client authorization, a valid legal exception, or an appropriate order before releasing protected information.

Workers' compensation

Disclosures authorized or required under applicable workers' compensation law.

Law enforcement and specialized government functions

Limited disclosures permitted or required for law enforcement, military and other uniformed service activities, national security, correctional settings, and other specified purposes.

Research

Research with authorization or where a lawful exception and appropriate safeguards apply.

Deceased persons and donation

Disclosures to coroners, medical examiners, funeral directors, and organ-procurement organizations when permitted.

Complaints and legal defense

Relevant disclosures needed to respond to a complaint or defend legal claims when legally permitted.

These examples are not exhaustive and do not override applicable privilege, Colorado confidentiality requirements, or restrictions on psychotherapy notes or Part 2 records.

Uses and disclosures requiring authorization

We generally obtain your written authorization for uses or disclosures not otherwise permitted or required by law. Written authorization is generally required for most uses or disclosures of separately maintained psychotherapy notes, uses or disclosures for marketing when HIPAA requires authorization, and sales of PHI. If we engage in fundraising communications using PHI as permitted by law, you have a right to opt out. We do not condition treatment on your agreeing to marketing or fundraising uses where prohibited. You may revoke an authorization in writing at any time except to the extent we have already acted in reliance on it or another legal exception applies.

Special protections for substance use disorder records

Bloom may receive records protected by 42 CFR Part 2 from another provider. We handle those records according to applicable Part 2 restrictions. When Part 2 permits and the patient has given valid consent for treatment, payment, or health care operations, a HIPAA-covered recipient may generally use and redisclose the information as HIPAA permits, subject to applicable restrictions. Part 2 records and testimony conveying their contents generally may not be used or disclosed in civil, criminal, administrative, or legislative proceedings against the patient without the patient's specific written consent or a Part 2-compliant court order together with a subpoena or other legal mandate when required. A general consent for treatment, payment, or operations does not itself authorize use against the patient in such proceedings. Other Part 2 rights and restrictions apply where required.

Your rights regarding health information

Access, inspection and copies

You generally may inspect and obtain copies of PHI in a designated record set, including electronic PHI, subject to limited legal exceptions. Contact our Privacy Officer by phone or email. We may require a written request only when permitted and will not impose unreasonable identity-verification barriers. We respond as soon as practicable and, under the 2026 federal rule's requirements, no later than 15 calendar days after receipt, unless one permitted extension of up to 30 additional calendar days is properly documented and communicated. Where applicable, Colorado law may provide additional or more protective access rights. Inspection is provided without a fee where required by Colorado law, including C.R.S. § 25-1-802, and electronic copies are provided as required by federal and state law. Certain records, including separately maintained HIPAA-defined psychotherapy notes, are excluded from the ordinary HIPAA access right. We explain any lawful denial and applicable review rights.

Electronic access and personal health apps

You may request electronic records in a readily producible format, including through a personal health application where our technology can readily produce access that way. We do not have to adopt technology we do not have solely to satisfy an app request. Inspection and certain automated internet-based electronic access are free. Other copies may carry only legally permitted charges.

Directing electronic records to someone else

You may submit a signed written request directing us to transmit an electronic copy of PHI in an electronic health record, to the extent part of a designated record set, to a person you designate; specify the recipient and where to send it. For records outside this right, you may obtain them yourself or authorize us to disclose them when legally permitted.

Fees

We charge only fees allowed by federal and Colorado law. We will inform you about applicable fees in advance. Our estimated schedule of fees for access requests and authorized copies is available on our website, at the point of service, and upon request. We do not impose a blanket $1-per-page fee for all requests. We will provide access free when required by law. Any offered summary or explanation in place of records is subject to applicable agreement and fee rules.

Psychotherapy notes

HIPAA-defined psychotherapy notes are notes recorded by a mental health professional documenting or analyzing counseling-session conversations and kept separate from the rest of the medical record. They do not include medication monitoring, session start and stop times, treatment modalities and frequency, clinical test results, diagnoses, functional status, treatment plans, symptoms, prognosis, or progress summaries. Separately maintained psychotherapy notes are generally excluded from the HIPAA access right and receive additional disclosure protections. Ordinary progress notes are not automatically psychotherapy notes.

Amendment and statement of disagreement

You may request in writing an amendment to PHI in your designated record set, with a reason supporting the request. We may deny an amendment for legally permitted reasons and will explain your rights to submit a statement of disagreement or other applicable supplement or addendum.

Restrictions

You may request restrictions on uses or disclosures for treatment, payment, or operations. We generally need not agree, except that when you pay in full out of pocket for an item or service and request nondisclosure to your health plan for payment or operations, we generally must honor that restriction unless law requires disclosure.

Confidential communications

You may request that we contact you in a particular way or at a particular location. We accommodate reasonable requests as required by law.

Accounting of disclosures

You may request an accounting of certain disclosures during the six years preceding your request, subject to legal exclusions and any additional applicable Part 2 rules. For example, many disclosures for treatment, payment, and operations are excluded from the ordinary HIPAA accounting requirement.

Personal representatives and minors

A parent, guardian, or other legally authorized personal representative may exercise privacy rights to the extent permitted by applicable law. Colorado law permits certain minors age 12 or older to obtain outpatient psychotherapy without parental consent when the statutory conditions are satisfied (C.R.S. § 12-245-203.5). The law includes professional assessment, documentation, and rules concerning parental involvement or notification. A parent's authority

to access records is therefore evaluated case by case under applicable Colorado law, HIPAA, and any other relevant confidentiality requirements; it is not necessarily unrestricted. Different rules may apply to nutrition services and to other services for which a minor may lawfully consent independently.

Copy of notice and questions

You may request a paper or electronic copy of this Notice even if you previously received it electronically, and discuss the Notice with our Privacy Officer.

Complaints

You may complain to Bloom or the U.S. Department of Health and Human Services Office for Civil Rights if you believe your privacy rights have been violated or disagree with an access decision. We will not retaliate against you. Contact Bloom at (970) 317-2889 or info@bloomcounselingandnutrition.com. You may file with HHS at https://www.hhs.gov/ocr/complaints/index.html or call 1-800-368-1019.

Colorado-specific confidentiality and client protections

Colorado law may impose stricter confidentiality and privilege protections than HIPAA, particularly for communications with regulated mental health professionals (including C.R.S. § 12-245-220). Where applicable, these protections extend to information learned by certain employees, professional associates, supervisees, and participants in group therapy. Disclosures for treatment, payment, or health care operations that HIPAA would otherwise permit may still require authorization or another legal basis under Colorado law. We evaluate subpoenas, court orders, legal proceedings, professional reviews, and other requests against the applicable privilege and statutory exceptions rather than assuming a subpoena alone permits disclosure. Colorado's duty-to-warn/protect provisions (including C.R.S. § 13-21-117), child and at-risk adult reporting statutes, and other laws may require or permit disclosures in specified circumstances. Special confidentiality rules applicable to records created under particular statutory programs (including C.R.S. § 27-65-123 when applicable) are followed when they govern the record. These mental-health-specific rules do not automatically apply to all nutrition services.

You have the right to ethical, nondiscriminatory care, to choose whether to receive services, and to end treatment subject to outstanding financial obligations and any applicable safety or transition-of-care responsibilities. You may ask for referrals to other qualified professionals. We encourage you to discuss treatment termination and information-sharing preferences with your clinician. When you authorize disclosure, we can discuss the potential benefits and risks of sharing information and will honor applicable restrictions.

Our responsibilities and changes to this notice

We are required to maintain the privacy and security of PHI; provide notice of our legal duties and privacy practices; follow the terms of the Notice currently in effect; notify affected individuals following a breach of unsecured PHI when required; and maintain policies,

safeguards, and workforce training. We may revise this Notice and apply revised terms to PHI we already maintain. The current Notice will be posted prominently at our office and on our website and made available on request. We will provide the Notice to clients as required. HIPAA no longer requires us to seek a signed acknowledgment of receipt, and your privacy rights do not depend on signing an acknowledgment.

Privacy contact and effective date

Privacy Officer: Kelly Elise Ulmer
Phone: (970) 317-2889
Email: info@bloomcounselingandnutrition.com
Website: https://www.bloomcounselingandnutrition.com/
Effective date: January 19, 2027
Original notice first effective: July 15, 2020