Foresi's Individualized Training LLC
122 Spring St Unit D4
Southington CT 06489
foresifitness@gmail.com
860-690-9796
Stephanie L Foresi MSPT. LISC# 005853

CONNECTICUT COMPLIANT NOTICE OF PRIVACY PRACTICES (NPP)

I. OUR PLEDGE REGARDING YOUR HEALTH INFORMATION

At **Foresi's Individualized Training LLC** we operate as a private-pay, concierge physical therapy practice. We are committed to protecting your Protected Health Information (PHI). We maintain physical, technical, and administrative safeguards in alignment with the **Connecticut Information Security Program** to prevent unauthorized access to your identity and medical records.

II. HOW WE MAY USE AND DISCLOSE YOUR PHI

Because we do not bill insurance, your data is strictly handled for the following core administrative functions:

1. **Treatment:** We disclose information to your primary care physician, orthopedic surgeon, or other specialists to safely coordinate your physical therapy plan of care if requested.
2. **Healthcare Operations:** We use your records internally to review our treatment protocols, train staff, and manage our mobile or clinic-based concierge operations.
3. **Law Enforcement & Public Safety:** We will disclose records when required by federal law, Connecticut state mandates, or valid court subpoenas.

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III. YOUR DISCLOSURE RIGHTS UNDER CONNECTICUT LAW

- **Right to Access and Copy:** Under Connecticut health statutes, you have a legal right to inspect and obtain copies of your physical therapy evaluations, daily notes, and billing history. We will fulfill these requests within 30 days.
- **Right to Amend:** If you believe clinical information in your chart is inaccurate, you may submit a written request to amend the record.
- **Right to Restrict:** As a cash-paying patient, you have an absolute right to restrict disclosures of your PHI to health insurance plans or third-party payers, since you are funding your care entirely out-of-pocket.
- **Breach Notification:** In accordance with Connecticut data protection laws, we will notify you and the state Attorney General immediately if an unauthorized breach of your unencrypted personal health information or identity data ever occurs.

IV. CONTACT & COMPLAINTS

To exercise any of your privacy rights or to file a formal complaint regarding how your files are managed, please contact our Privacy Officer directly at **860-690-9796 or email at foresifitness@gmail.com** You may also file a complaint with the U.S. Department of Health and Human Services if you believe your rights have been violated.
