

Aerie Counseling and Wellness

NOTICE OF PRIVACY PRACTICES

Your Information. Your Rights. Our Responsibilities.

Legal entity: Nest Wellness Group PLLC d/b/a Aerie Counseling and Wellness

Clinician: Raven McGowan, LPC-Associate

Supervisor: Aisha Holman, LPC-S

YOUR RIGHTS

You have the right to:

- Get a copy of your medical or mental health record, in paper or electronic form, as provided by law.
- Ask us to correct your record if you believe information is inaccurate or incomplete, as provided by law.
- Request confidential communications, such as asking us to contact you in a particular way or at a particular location.
- Ask us to limit how we use or disclose certain protected health information (PHI), although we are not required to agree to every request.
- Request a list of certain disclosures of your PHI.
- Get a copy of this Notice of Privacy Practices.
- Choose someone to act for you when legally authorized.
- File a complaint if you believe your privacy rights have been violated. We will not retaliate against you for filing a complaint.

YOUR CHOICES

For certain health information, you may tell us your preferences about what we share. For example, you may ask us to:

- Share information with a family member, friend, or other person involved in your care or payment for your care.
- Contact you in a particular way or at a particular location.
- Limit certain disclosures.

For uses and disclosures that require your written authorization, you may revoke that authorization in writing at any time, except to the extent we have already relied on it.

We do not sell your PHI or use it for marketing purposes without the authorization required by law.

HOW WE MAY USE AND DISCLOSE YOUR PROTECTED HEALTH INFORMATION

We may use or disclose your PHI without your written authorization when permitted or required by law, including for:

Treatment — We may use or share information with other health care professionals involved in your care when permitted by law.

Payment — We may use or disclose information as necessary to obtain payment for services, including billing and claims activities.

Health Care Operations — We may use or disclose information for activities necessary to operate our practice, such as quality assessment, business planning, compliance, and administrative activities.

Required by Law — We may disclose PHI when federal, state, or local law requires us to do so.

Public Health — We may disclose information for public health activities when permitted by law.

Abuse, Neglect, or Domestic Violence — We may disclose information when required or permitted by law to report suspected abuse, neglect, or domestic violence.

Health Oversight — We may disclose information to health oversight agencies for activities authorized by law.

Judicial and Administrative Proceedings — We may disclose information in response to a court or administrative order, subpoena, discovery request, or other lawful process when the applicable legal requirements are met.

Law Enforcement — We may disclose information for certain law-enforcement purposes when the applicable legal requirements are met.

Serious Threats to Health or Safety — We may disclose information when permitted by law to prevent or lessen a serious and imminent threat to the health or safety of a person or the public.

Workers' Compensation — We may disclose information as authorized by laws relating to workers' compensation and similar programs.

We may also make other uses and disclosures that are permitted or required by the HIPAA Privacy Rule or other applicable law.

MENTAL HEALTH INFORMATION

Mental health information is protected by federal and Texas law. Texas law generally protects the confidentiality of mental health records and confidential communications, subject to legally authorized exceptions. We will use and disclose mental health information only as permitted or required by applicable law and the terms of this Notice.

SUBSTANCE USE DISORDER RECORDS

If Aerie Counseling and Wellness creates or maintains records that are subject to the federal Confidentiality of Substance Use Disorder Patient Records regulations (42 CFR Part 2), those records may receive additional protections. Part 2 generally requires patient consent for many uses and disclosures of records covered by Part 2, subject to specific exceptions. Where applicable, we will follow the additional requirements governing those records.

OUR RESPONSIBILITIES

We are required by law to:

- Maintain the privacy and security of your PHI.
- Provide you with this Notice describing our legal duties and privacy practices.
- Follow the terms of the Notice currently in effect.
- Notify you as required by law if a breach occurs that compromises the privacy or security of your PHI.
- Provide you with a copy of this Notice upon request.

We may change the terms of this Notice. Any revised Notice will apply to PHI we maintain and will be made available as required by law, including on our website.

HOW TO EXERCISE YOUR RIGHTS OR FILE A PRIVACY COMPLAINT

If you have questions about this Notice, want to exercise a privacy right, or wish to file a complaint with Aerie Counseling and Wellness, please contact:

Raven McGowan, LPC-Associate

Privacy Contact

Nest Wellness Group PLLC d/b/a Aerie Counseling and Wellness

Phone: 972-275-6879

Email: admin@AerieCounselingandWellness.com

Mail: 5900 Balcones Drive, Suite 100, Austin, Texas 78731

You may also file a complaint with the U.S. Department of Health and Human Services, Office for Civil Rights. You will not be retaliated against for filing a complaint with us or with HHS.

HHS Office for Civil Rights:

U.S. Department of Health and Human Services

200 Independence Avenue, S.W.

Washington, D.C. 20201

Phone: 1-877-696-6775

Website: <https://www.hhs.gov/ocr/privacy/hipaa/complaints/>

ACKNOWLEDGMENT

You will be asked to acknowledge that you received this Notice of Privacy Practices. Signing an acknowledgment does not mean that you authorize uses or disclosures beyond those permitted by law. If you decline to sign, we will document the effort to obtain your acknowledgment as required by law.

EFFECTIVE DATE

This Notice of Privacy Practices is effective September 13, 2026.