



TRC Wellness: Notice of Privacy Practices

HIPAA Notice of Privacy Practices

Last Updated: 16/03/2026

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.

TRC Wellness is required by law to maintain the privacy of your health information and to provide you with this notice describing our legal duties and privacy practices.

We follow the requirements of:

- Health Insurance Portability and Accountability Act
- Illinois Mental Health and Developmental Disabilities Confidentiality Act

How We May Use and Disclose Your Health Information

1. Treatment

We may use and disclose health information to provide, coordinate, or manage your healthcare. Example: communicating with another provider involved in your care.

2. Payment

We may use your information to bill and receive payment from:

- Insurance companies
- Medicare
- Medicaid
- Other healthcare payers

3. Quality Healthcare Operations

We may use your information for activities such as:

- Quality improvement
- Staff training
- Licensing and accreditation
- Internal administrative activities

Situations Where We May Disclose Information

We may disclose health information:

- When required by law
- For public health reporting
- To prevent serious harm or threats
- For certain government oversight activities
- In response to court orders or subpoenas when permitted by law

Mental health information receives **additional protections under Illinois law.**

Your Rights Regarding Your Health Information

You have the right to:

- Request access to your health records
- Request corrections to your records
- Request limits on certain disclosures
- Request confidential communication methods
- Receive an accounting of disclosures
- Receive a copy of this notice

You may also file a complaint if you believe your privacy rights have been violated. Complaints may be submitted to: TRC Wellness - support@trcwellness.org Or to the **U.S. Department of Health and Human Services Office for Civil Rights**. You will not be retaliated against for filing a complaint.

Changes to This Notice

TRC Wellness reserves the right to update this notice. Updated notices will be posted on our website.