



THE RECOVERY LAB  
EVIDENCE-BASED PRACTICE • WHOLE-PERSON HEALING

## Notice of Privacy Practices

The Recovery Lab, PLLC  
Email: [therapy@therecoverylabmmi.com](mailto:therapy@therecoverylabmmi.com) | Phone: (313) 800-2497  
Effective Date: June 1, 2025

### Your Rights

- Get a copy of your paper or electronic medical record.
- Correct your paper or electronic medical record.
- Request confidential communication.
- Ask us to limit the information we share.
- Get a list of those with whom we've shared your information.
- Get a copy of this privacy notice.
- Choose someone to act for you.
- File a complaint if you feel your rights are violated.

### Your Choices

- Communicate with you electronically.
- Provide mental health services.
- Share information with family, friends, or others involved in your care.
- Market our services or offer wellness outreach.

### Our Uses and Disclosures

- Treat you (e.g., share with other professionals involved in your care).
- Run our practice (e.g., billing, scheduling, administrative operations).
- Bill for your services (e.g., insurance claims and reimbursement).
- Comply with the law.

- Respond to lawsuits and legal actions.
- Prevent or reduce a serious threat to health or safety.
- Respond to public health and safety issues (e.g., mandated reporting).
- **We do not share your information for marketing or sales without written consent.**

## Our Responsibilities

- Maintain the privacy and security of your protected health information (PHI).
- Notify you promptly if a breach occurs that may have compromised your information.
- Follow the privacy practices described in this notice.
- Not use or share your information other than as described unless authorized in writing.

## Virtual Care and Security

- We use HIPAA-compliant video and messaging platforms to provide virtual care.
- We protect your electronic health information and expect clients to do the same.

## Confidentiality in Special Circumstances

- Risk of harm to self or others.
- Suspected abuse, neglect, or exploitation.
- Legal or court-ordered disclosures.

## Changes to This Notice

- We may update this notice and will post revised versions on our website.

## Questions or Complaints

- If you have questions or believe your rights were violated, contact:
- The Recovery Lab, PLLC | [therapy@therecoverylabmmi.com](mailto:therapy@therecoverylabmmi.com) | (313) 800-2497
- You may also file a complaint with HHS at [www.hhs.gov/ocr/privacy/hipaa/complaints/](http://www.hhs.gov/ocr/privacy/hipaa/complaints/).
- We will never retaliate for filing a complaint.