



NOTICE OF PRIVACY PRACTICES

Rev. 8/24/2023

THIS NOTICE DESCRIBES HOW YOUR PROTECTED HEALTH INFORMATION MAY BE USED AND DISCLOSED AND HOW YOU CAN GET ACCESS TO THIS INFORMATION.

PLEASE REVIEW IT CAREFULLY.

Spectrum Generations, and its associated lines of business, to include but not limited to, Bridges Home Services, Maine Pine Catering, and Healthy Living for Me, is required by law to provide you with this Notice so that you will understand how we may use or share your information from your Designated Record Set. The Designated Record Set includes financial and health information referred to in this Notice as "Protected Health Information" ("PHI") or simply "health information." We are required to adhere to the terms outlined in this Notice. If you have any questions about this Notice, please contact Spectrum Generations Privacy Official.

UNDERSTANDING YOUR HEALTH RECORD AND INFORMATION

Each time you receive services from Spectrum Generations, a record of your engagement is made that may contain health and financial information. Typically, this record contains information about your condition, the service we provided, and payment information (if any). We may use and/or disclose this information to:

- plan your care and services.
- communicate with other health professionals involved in your care.
- document the care or services you receive.
- educate health professionals.
- provide information for medical research.
- provide information to public health officials.
- evaluate and improve the care we provide.
- obtain payment for the care we provide.

Understanding what is in your record and how your health information is used helps you to:

- ensure it is accurate.
- better understand who may access your health and service utilization information.
- make more informed decisions when authorizing disclosure to others.

HOW WE MAY USE AND DISCLOSE PROTECTED HEALTH INFORMATION ABOUT YOU

The following categories describe the ways that we use and disclose health information. Not every use or disclosure in a category will be listed. However, all the ways we are permitted to use and disclose information will fall into one of the categories.

- **For Service or Treatment.** We may use or disclose health information about you to provide you with further community-based or potentially medical treatment. We may disclose your health information to doctors, nurses, therapists, social workers, or other Spectrum Generations personnel involved in taking care of you at Spectrum Generations. For example, a direct support professional caring for you at one of adult-day service centers may need to know if you have diabetes because diabetes may impact what foods you may have while at our facility so that we can plan your meals. Different departments of Spectrum Generations may share health information about you to coordinate your care and provide you with the best service possible. We may also disclose health information about you to people outside Spectrum Generations who may be involved in your community-based or medical care after you leave Spectrum Generations. This may include family members, your physician(s), or visiting nurses to provide care in your home.
- **For Payment.** We may use and disclose health information about you so that the treatment and services you receive at Spectrum Generations may be billed to you, an insurance company or a third party. For example, to be paid, we may need to share information with your health plan about services provided to you. We may also tell your health plan about a service you are going to receive to obtain prior approval or to determine whether your plan will cover the service.
- **For Health Care Operations.** We may use and disclose health information about you for our day-to-day care operations. This is necessary to ensure that all consumers receive quality care. For example, we may use health information for quality assessment and improvement activities and for developing and evaluating clinical protocols. We may also combine health information about many residents to help determine what additional services should offer, what services should be discontinued, and whether certain new treatments are effective. Health information about you may be used by our corporate office for business development and planning, cost management analyses, insurance claims management, risk management activities, and in developing and testing information systems and programs. We may also use and disclose information for professional review, referrals for other programs which you may qualify, and for supervision of our programs. Other aspects of health care operations that may require use and disclosure of your health information include accreditation, certification, licensing and credentialing activities, review, and auditing, including compliance reviews, medical reviews, legal services, and compliance programs. Your health information may be used and disclosed for the business management and general activities of Spectrum Generations including resolution of internal grievances, customer service and due diligence in connection with a sale or transfer of Spectrum Generations. In limited circumstances, we may disclose your health information to another entity subject to HIPAA for its own health care operations. We may remove information that identifies you so that the health information may be used to study health care and health care delivery without learning the identities of our consumers. We may disclose your age, birth date and general information about you in the Spectrum Generations newsletter, on activities calendars, and to entities in the community that wish to acknowledge your birthday or commemorate your achievements on special occasions. If you are receiving ongoing services, we may post your photograph and general information about your progress.

OTHER ALLOWABLE USES OF YOUR HEALTH INFORMATION

- **Business Associates**. There are some services provided by Spectrum Generations through contracts with business associates. Examples include medical directors, outside attorneys or a shredding service we use to dispose of your health record. When these services are contracted, we may disclose your health information so that they can perform the job we have asked them to do and bill you or your third-party payer for services rendered. To protect your health information, however, we require the business associate to appropriately safeguard your information.
- **Covered Entities**. Spectrum Generations may perform services on behalf of another covered entity as a Service Provider. When contracted to do so, we will protect any PHI collected during the scope of work in accordance with our contract with that covered entity. In some instances, Spectrum Generations may be required to process PHI only as authorized and as necessary to perform the services described in the agreement. The Provider Agreement may alter the way Spectrum Generations typically handles data privacy and security including but not limited to the storage, maintenance, notifications, and transmission of PHI however, to the extent possible, Spectrum Generations will ensure that the covered entity has similar protections in place for your PHI and are compliant with laws and regulations.
- **Providers**. Many services provided to you, as part of your care at Spectrum Generations, are offered through State or federally funded contracts. As such, we may disclose health information to those providers to coordinate care. These may include Elder Independence of Maine, the Veterans Administration, or the Department of Health and Human Services. We may need to communicate with your doctor or therapists to coordinate care.
- **Service Referrals or Alternatives**. We may use and disclose health information to tell you about service options or alternatives that may be of interest to you.
- **Health-Related Benefits and Services and Reminders**. We may contact you to provide appointment reminders or services alternative information or other health-related benefits and services that may be of interest to you.
- **Fundraising Activities**. We may use your health information to contact you to raise money as part of a fundraising effort. We may disclose health information to a foundation related to Spectrum Generations so that the foundation may contact you in raising money for Spectrum Generations. We will only release contact information, such as your name, address and phone number and the dates you received services at Spectrum Generations.
- **Individuals Involved in Your Care or Payment for Your Care**. Unless you object, we may disclose health information about you to a friend or family member who is involved in your care. We may also give information to someone who helps pay for your care. In addition, we may disclose health information about you to an entity assisting in a disaster relief effort so that your family can be notified about your condition, status, and location.
- **As Required by Law**. We will disclose health information about you when required to do so by federal, state, or local law.
- **To Avert a Serious Threat to Health or Safety**. We may use and disclose health information about you to prevent a serious threat to your health and safety or the health and safety of the public or another person. We would do this only to help prevent the threat.

- **Military and Veterans.** If you are a member of the armed forces, we may disclose health information about you as required by military authorities. We may also disclose health information about foreign military personnel to the appropriate foreign military authority.
- **Research.** Under certain circumstances, we may use and disclose health information about you for research purposes. For example, a research project may involve comparing the health and recovery of all residents who received one medication to those who received another, for the same condition. All research projects, however, are subject to a special approval process. This process evaluates a proposed research project and its use of health information, trying to balance the research needs with residents' need for privacy of their health information. Before we use or disclose health information for research, the project will have been approved through this research approval process. We may, however, disclose health information about you to people preparing to conduct a research project so long as the health information they review does not leave Spectrum Generations.
- **Workers' Compensation.** We may disclose health information about you for workers' compensation or similar programs. These programs provide benefits for work-related injuries or illness.
- **Reporting** Federal and state laws may require or permit Spectrum Generations to disclose certain health information related to the following:
 - *Public Health Risks.* We may disclose health information about you for public health purposes, including:
 - Prevention or control of disease, injury, or disability.
 - Reporting births and deaths.
 - Reporting child or elder abuse, neglect, or exploitation.
 - Reporting reactions to medications or problems with products.
 - Notifying people of recalls of products.
 - Notifying a person who may have been exposed to a disease or may be at risk of contracting or spreading a disease.
 - *Health Oversight Activities.* We may disclose health information to a health oversight agency for activities authorized by law. These oversight activities may include audits, investigations, inspections, and licensure. These activities are necessary for the government to monitor the health care system, government programs, and compliance with civil rights laws.
 - *Judicial and Administrative Proceedings:* If you are involved in a lawsuit or a dispute, we may disclose health information about you in response to a court or administrative order. We may also disclose health information about you in response to a subpoena, discovery request, or other lawful process by someone else involved in the dispute, but only if efforts have been made to tell you about the request or to obtain an order protecting the information requested.
 - *Reporting Abuse, Neglect, Exploitation, or Domestic Violence:* Notifying the appropriate government agency if we believe a consumer has been the victim of abuse, neglect, exploitation, or domestic violence or poses a substantial health & safety risk to themselves.
- **Law Enforcement.** We may disclose health information when requested by a law enforcement official:
 - In response to a court order, subpoena, warrant, summons or similar process.
 - To identify or locate a suspect, fugitive, material witness, or missing person.

- About you, the victim of a crime if, under certain limited circumstances, we are unable to obtain your agreement.
- About a death we believe may be the result of criminal conduct.
- About suspected or substantiated criminal conduct at Spectrum Generations.
- In emergency circumstances to report a crime; the location of the crime or victims; or the identity, description or location of the person who committed the crime.
- **Coroners, Medical Examiners and Funeral Directors.** We may disclose medical information to a coroner or medical examiner. This may be necessary to identify a deceased person or determine the cause of death. We may also disclose medical information to funeral directors as necessary to carry out their duties.
- **National Security and Intelligence Activities.** We may disclose health information about you to authorized federal officials for intelligence, counterintelligence, and other national security activities authorized by law.
- **Correctional Institution: Should** you be an inmate of a correctional institution; we may disclose to the institution or its agent's health information necessary for your health care needs.

OTHER USES OF HEALTH INFORMATION

Other uses and disclosures of health information not covered by this Notice or the laws that apply to us will be made only with your written permission. If you provide us with permission to use or disclose health information about you, you may revoke that permission, in writing, at any time. If you revoke your permission, we will no longer use or disclose health information about you for the reasons covered by your written authorization. You understand that we are unable to take back any disclosures we have already made with your permission, and that we are required to retain our records of the care that we provided to you.

YOUR RIGHTS REGARDING HEALTH INFORMATION ABOUT YOU

Although your health record is the property of Spectrum Generations, the information belongs to you. You have the following rights regarding your health information:

- **Right to Inspect and Copy.** With some exceptions, you have the right to review and copy your health information.

You must submit your request in writing to:

*Privacy Official,
One Weston Court, Suite 109,
Augusta, ME 04330*

We may charge a fee for the costs of copying, mailing or other supplies associated with your request.

- **Right to Amend.** If you feel that health information in your record is incorrect or incomplete, you may ask us to amend the information. You have this right for as long as the information is kept by or for Spectrum Generations.

You must submit your request in writing to:

*Privacy Official,
One Weston Court, Suite 109,
Augusta, ME 04330*

In addition, you must provide a reason for your request.

We may deny your request for an amendment if it is not in writing or does not include a reason to support the request. In addition, we may deny your request if you ask us to amend information that:

- Was not created by us, unless the person or entity that created the information is no longer available to make the amendment;
 - Is not part of the health information kept by or for Spectrum Generations; or
 - It is accurate and complete.
- **Right to an Accounting of Disclosures.** You have the right to request an "accounting of disclosures". This is a list of certain disclosures we made of your health information, other than those made for purposes such as service delivery, treatment, payment, or community-based or health care operations.

You must submit your request in writing to:

*Privacy Official,
One Weston Court, Suite 109,
Augusta, ME 04330*

Your request must state a period which may not be longer than six years from the date the request is submitted and may not include dates before April 14, 2003. Your request should indicate in what form you want the list (for example, on paper or electronically). The first list you request within a twelve-month period will be free. For additional lists, we may charge you for the costs of providing the list. We will notify you of the cost involved and you may choose to withdraw or modify your request at that time before any costs are incurred.

- **Right to Request Restrictions.** You have the right to request a restriction or limitation on the health information we use or disclose about you. For example, you may request that we limit the health information we disclose to someone involved in your care or the payment for it. You could ask that we not use or disclose information about a surgery you had to a family member or friend.

We are not required to agree to your request. If we do agree, we will comply with your request unless the information is needed to provide you with emergency treatment.

You must submit your request in writing to:

*Privacy Official,
One Weston Court, Suite 109,
Augusta, ME 04330*

In your request, you must tell us (1) what information you want to limit; (2) whether you want to limit our use, disclosure, or both; and (3) to whom you want the limits to apply, for example, disclosures to your spouse.

- **Right to Request Alternate Communications.** You have the right to request that we communicate with you about medical matters in a confidential manner or at a specific location. For example, you may ask that we only contact you via mail to a post office box.

You must submit your request in writing to:

*Privacy Official,
One Weston Court, Suite 109,
Augusta, ME 04330*

We will not ask you the reason for your request. Your request must specify how or where you wish to be contacted. We will accommodate all reasonable requests.

- **Right to a Paper Copy of This Notice.** You have the right to a paper copy of this Notice of Privacy Practices even if you have agreed to receive the Notice electronically. You may ask us to give you a copy of this Notice at any time.
- *You may obtain a copy of this Notice at our website, www.spectrumgenerations.org.*

To obtain a paper copy of this Notice, contact: *Privacy Official, 207-622-9212 or 1-800-639-1553*

CHANGES TO THIS NOTICE

We reserve the right to change this Notice. We reserve the right to make the revised or changed Notice effective for health information we already have about you and any information we receive in the future. We will post a copy of the current Notice at each Spectrum Generations location and on the website. The Notice will specify the effective date on the first page, in the top right-hand corner. In addition, if material changes are made to this Notice, the Notice will contain an effective date for the revisions and copies can be obtained by contacting the Spectrum Generations' Privacy Official.

COMPLAINTS

If you believe your privacy rights have been violated, you may file a complaint with the Spectrum Generations Privacy Official or with the Secretary of the Department of Health and Human Services. To file a complaint with Spectrum Generations, contact:

*Privacy Official,
One Weston Court, Suite 109,
Augusta, ME 04330*

All complaints must be submitted in writing. **You will not be penalized for filing a complaint.**