

Notice of Privacy Practices

Lana Temme, RDN, doing business as Your Dietitian
7108 De Soto Ave, Ste 105 C, Canoga Park, CA 91303
Effective date: September 23, 2026

This notice explains how we may use or share your health information and how you can access it.

How we use and share information

We may use and share your health information as permitted or required by law to:

- **Provide care:** Assess your nutrition needs and coordinate with your other health care providers.
- **Receive payment:** Verify coverage, submit claims, and collect payment.
- **Run our practice:** Schedule visits, maintain records, and improve services. We may share information with business associates that help us operate the practice, such as record, telehealth, and billing services. They must protect your information and use it only as permitted by law and their agreements with us.
- **Meet legal duties:** Respond, when legally permitted or required, to public health and safety matters, health oversight, research, workers' compensation, court orders, and other lawful requests.

California law may provide stronger privacy protections than HIPAA. We follow the applicable limits before sharing information, including when responding to subpoenas or law enforcement requests.

We do not do marketing or sell your health information.

Your choices and rights

You may tell us your preferences about sharing information with family members, caregivers, or others involved in your care or payment for it. You may also ask us to contact you in a particular way or at a particular address. We will accommodate reasonable requests.

You may ask to:

- See or receive a paper or electronic copy of your records.
- Correct information you believe is wrong or incomplete.
- Limit certain uses or disclosures. We generally need not agree, except that we must honor a qualifying request not to tell your health plan about a service you paid for in full out of pocket, unless disclosure is required by law.
- Receive an accounting of certain disclosures from the preceding six years.
- Receive a paper copy of this notice at any time.

A person legally authorized to act for you may exercise your rights, subject to applicable law. Contact us to make a request; we will respond within the time required by law and explain any lawful denial.

Our responsibilities

We must protect your health information, follow this notice, and notify you of a breach when required by law. We may revise this notice and apply the revised terms to information we already hold. The current notice will be available on request, at our office, and on our practice website, if applicable.

Questions or complaints

Contact **Lana Temme, RDN**, at **818-937-3438**, **818-692-7595**, or easybook.consult@gmail.com.

You may also write to **Your Dietitian, 7108 De Soto Ave, Ste 105 C, Canoga Park, CA 91303**.

You may file a privacy complaint with us or with the **U.S. Department of Health and Human Services, Office for Civil Rights**, at hhs.gov/hipaa/filing-a-complaint. We will not retaliate against you for filing a complaint.