

# Philosophy Counseling & Consulting, LLC

Phil Hughes, LPCC-S, CMNCS  
842 W. South Boundary St., Perrysburg, Ohio  
419-740-0260 | philosophyccllc@gmail.com

## Notice of Privacy Practices (NPP)

**Effective Date: May 1, 2026**

**Your privacy matters.** This Notice explains how your information is protected and when it may be shared.

**THIS NOTICE DESCRIBES HOW YOUR HEALTH INFORMATION MAY BE USED AND DISCLOSED AND HOW YOU CAN ACCESS THIS INFORMATION. PLEASE REVIEW IT CAREFULLY.**

## Your Rights

You have the right to access, inspect, and obtain a copy of your health records (with limited exceptions), request amendments, request restrictions, request confidential communications, receive an accounting of disclosures, and obtain a copy of this notice.

## Uses and Disclosures

Your Protected Health Information (PHI) may be used for treatment, payment, and healthcare operations including coordination of care, insurance billing, and practice management.

## Authorization

Written authorization is required for uses not otherwise described, including most uses of psychotherapy notes, marketing, and disclosures outside standard care operations.

## Limits of Confidentiality

As required by Ohio law, information may be disclosed if there is risk of serious harm to self or others, suspected abuse or neglect (including children, elderly, dependent adults, and animal abuse), court orders, or medical emergencies.

## Telehealth

Telehealth services use secure systems, but risks exist. You are responsible for participating in a private environment when possible.

## Minors

Parents or guardians typically have access to a minor's records, with some exceptions under Ohio law. These limits will be discussed at the start of treatment.

## Good Faith Estimate

You have the right to receive a Good Faith Estimate of expected charges. If billed at least \$400 above estimate, you may dispute the charges.

## **Security**

Reasonable safeguards are used to protect your information, including secure electronic systems and limited access. However, no system is completely secure.

## **Breach Notification**

You will be notified in accordance with federal and state law if a breach of unsecured PHI occurs.

## **Changes to This Notice**

This notice may be updated at any time. Updates will be posted on the website and available upon request.

## **Complaints**

You may file a complaint with the practice or the U.S. Department of Health and Human Services without fear of retaliation.