

## **Sarah O’Hara, RD – My Privacy Commitment to You and Your Family**

I am committed to protecting your privacy and ensuring the confidentiality of your personal health information and personal information. The types of personal health information and personal information I collect may include, but are not limited to, your name, date of birth, contact information, health history, health insurance information and records of the care provided to you by other health professionals. I collect, use and disclose personal health information for the following purposes:

- To provide medical nutrition therapy (which includes assessment, treatment and recommendations or interventions)
- To obtain a baseline of health and social information so that in providing ongoing health services I can identify changes that are occurring over time.
- To obtain payment for services or goods provided.
- To promote my services, new services, special events and opportunities (e.g., a seminar or conference) that I offer. I can only do this with express consent from my client prior to collecting or handling personal health information for this purpose.

I will collect, use and disclose only as much personal health information and personal information as is needed to achieve these purposes.

You can withhold or withdraw your consent to the collection, use or disclosure of your personal health information by me anytime.

### **Access to Health Records**

You have the legal right under the *Health Information Act*, *Personal Information Protection Act*, and the *Freedom of Information and Protection of Privacy Act* to request access to your health records that I keep and to ask me to correct a record if you believe it is inaccurate or incomplete. Please contact me for more information. You may request copies of my detailed privacy policy and electronic counseling and privacy policy at any time.

### **Questions or Concerns and Complaints**

If you have questions or want to make a complaint about my privacy practices, please contact me at [sarahohara.rd@gmail.com](mailto:sarahohara.rd@gmail.com)

You also have the right to complain to the Information and Privacy Commissioner of Alberta at the address below if you have concerns about my privacy practices or how your personal health information has been handled.

### **Office of the Information and Privacy Commissioner (Calgary)**

Suite 2460, 801 6 Avenue SW Calgary, AB T2P 3W2

Phone: (403) 297-2728 Fax: (403) 297-2711 Toll-Free: (888) 878-4044

Email: [generalinfo@oipc.ab.ca](mailto:generalinfo@oipc.ab.ca)

<https://www.oipc.ab.ca/action-items/request-a-review-file-a-complaint.aspx>