

PRIVACY PRACTICES and TERMS OF USE

Longs Peak Family Practice – Colorado Effective Date: March 9, 2026

This Notice describes how medical information about you may be used and disclosed, and how you can access this information. Please review it carefully.

1. Our Commitment to Your Privacy

At **Longs Peak Family Practice**, we are committed to protecting your medical information. We follow the **Health Insurance Portability and Accountability Act (HIPAA)** and applicable Colorado privacy laws to ensure your health information is handled safely and appropriately.

This Notice explains how we may use and disclose your Protected Health Information (PHI), your rights regarding your PHI, and our responsibilities as a healthcare provider.

2. How We May Use and Disclose Your Health Information

We may use or disclose your PHI for the following purposes **without your written authorization**, as permitted by law:

A. Treatment

To provide, coordinate, or manage your healthcare. Examples: sharing information with specialists, pharmacies, or labs involved in your care.

B. Payment

To bill and receive payment for services. Examples: submitting claims to your insurance company, verifying coverage.

C. Healthcare Operations

For practice operations such as quality improvement, staff training, auditing, and compliance.

D. Appointment Reminders & Communication

We may contact you by phone, text, email, or mail regarding appointments, test results, or treatment options.

E. As Required by Law

We may disclose PHI when required by federal, state, or local law.

F. Public Health & Safety

Including reporting communicable diseases, abuse or neglect, or preventing serious threats to health or safety.

G. Health Oversight Activities

For audits, inspections, or investigations by government agencies.

H. Legal Proceedings

In response to court orders, subpoenas, or other lawful processes.

I. Workers' Compensation

To comply with workers' compensation laws.

J. Law Enforcement

In limited circumstances, such as identifying a suspect or reporting a crime.

3. Uses and Disclosures Requiring Your Written Authorization

We will obtain your written permission before using or disclosing your PHI for:

- Any other use not described in this Notice

You may revoke your authorization at any time in writing.

4. Your Rights Regarding Your Health Information

A. Right to Access

You may request to view or obtain a copy of your medical records. We will provide them within the time required by law.

B. Right to Request Amendments

If you believe your record is incorrect or incomplete, you may request a correction.

C. Right to Request Restrictions

You may request limits on how we use or disclose your PHI. While we are not required to agree, we will consider all requests.

D. Right to Confidential Communications

You may request that we contact you at a specific phone number, address, or email.

E. Right to an Accounting of Disclosures

You may request a list of certain disclosures we have made of your PHI.

F. Right to a Paper Copy of This Notice

You may request a printed copy at any time.

G. Right to File a Complaint

If you believe your privacy rights have been violated, you may file a complaint with:

- Practice Manager at Longs Peak Family Practice
- The U.S. Department of Health and Human Services (HHS)

We will not retaliate against you for filing a complaint.

5. Our Responsibilities

We are required by law to:

- Maintain the privacy and security of your PHI
- Provide you with this Notice of Privacy Practices
- Notify you if a breach occurs that may have compromised your information
- Follow the terms of this Notice

We may update this Notice at any time. The revised Notice will be posted on our website and available in our office.

6. Contact Information

If you have questions about this Notice or wish to exercise your privacy rights, please contact:



Longs Peak Family Practice Attn: Practice Manager

1309 Sunset St. Longmont, CO 80501

p. 303-772-5578

LPFP@myupdox.com

Terms of Use

Last modified: March 9, 2026

The following terms and conditions apply to the Longs Peak Family Practice Website. The Website is operated by Longs Peak Family Practice.

1. Agreement

By using the Website, you agree to be bound by the terms and conditions of this Agreement. The practice may modify this Agreement at any time. You agree to review this Agreement periodically to ensure that you are aware of any modifications. Your continued access or use of the practice Website after the modifications have become effective shall be deemed as evidence of your acceptance of the modified Agreement.

2. License

We hereby grant you the right to view and use this Website subject to the terms and conditions of this Agreement. You may download and/or print a copy of information provided in this Website for your personal use only. Permission to reprint or electronically reproduce any document or graphic in whole or in part for any other purpose is expressly prohibited, unless prior written consent is obtained from the respective copyright holder(s). Our designated contact for obtaining written consent is:

Practice Manager, Longs Peak Family Practice
1309 Sunset St.
Longmont, CO 80501

3. Privacy

We will not collect any personal information about you from your use of the Website, except where you have provided such information to us. In specifically and knowingly providing any personal information to us via the Website, you consent to our use of that personal information lawfully at our sole and absolute discretion. The Website contains links to other sites that are not affiliated or associated with, or controlled by our Website operator and our Website operator has no responsibility for their privacy practices and this Privacy Policy applies only to those parts of the Website within the control of our operator.

4. Links to Other Sites

While visiting this Web site, you may leave the site and access certain third party Web sites. Longs Peak Family Practice neither reviews nor controls the content and accuracy of these websites, and therefore will not be responsible for their content and accuracy. Your access to third party websites is at your sole risk.

5. Warranty

In our content areas, information is provided for educational and entertainment purposes only and should not be interpreted as a recommendation for a specific treatment plan, product or course of action. The content areas should not be relied upon for specific medical advice for you. We and our suppliers assume no responsibility for how you use the information provided through this Service. You should always seek the advice of your physician or other qualified health provider prior to starting

any new treatment or with any questions you may have regarding a medical condition.

Health Information

The health information on this Website is provided by the practice solely for informational purposes as a public service to enhance customer service for our customers and to promote consumer health. It does not constitute medical advice and is not intended to be a substitute for proper medical care provided by a qualified health care professional. The practice assumes no responsibility for any circumstances arising out of the use, misuse, interpretation or application of any information supplied on this site. Always consult with your health care professional for appropriate examinations, treatment, testing, and care recommendations. Do not rely on information on this site as a tool for self-diagnosis. If you have a specific medical condition, please contact your health care provider. Use of this Website does not replace medical consultations with a qualified health or medical professional to meet the health and medical needs of you or a loved one. Please check with a physician or health professional if you suspect you are ill.

You exercise your own judgment when using or purchasing any product or selecting a health care professional through any site or service linked to this Website. In addition, while the practice frequently updates its contents, medical information changes rapidly and therefore, some information may be out of date, and/or contain inaccuracies or typographical errors. Neither the practice nor its Web site endorses any medical or professional service obtained through information provided on this site or any links to this site.

Viruses, Worms, Use of Files

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6. General Disclaimer.

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7. Limitation of Liability.

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or contract, patent or copyright laws, will the practice be liable for damages of any kind occurring from the use of this Web site or any information, goods or services obtained on this Web site including direct, indirect, consequential, incidental, or punitive damages (even if the practice has been advised of the possibility of such damages), to the fullest extent permitted by law. Some jurisdictions do not allow the exclusion or limitation of certain damages so some of these limitations may not apply to you.