

**Esther Goldberg, MS, LPC** (License #C1270)  
(541) 326-1454

Your request should indicate if you want the list mailed or faxed. The first list you request within a twelve month period will be free; additional lists will be at a charge. I will notify you of the cost involved and you may choose to withdraw or modify your request at that time.

**Right to Request Restrictions:** You have the right to request a restriction or limitation on the health information I use or disclose about you for treatment, payment or health care operations. You also have the right to request a limit on the health information I disclose about you to someone who is involved in your care or the payment for it, like a family member or friend. For example, you could ask that I not use or disclose information about a surgery you had. I am not required to agree to your request. If I do agree, I will comply with our request unless the information is needed to provide your emergency treatment. To request a restriction, you must put your request in writing.

**Right to Request Confidential Communications:** You have the right to request that I communicate with you about clinical matters in a certain way or at a certain location. For example, you can ask that I contact you only at work or by mail. A request for confidential communication must be made in writing and I will honor all reasonable requests.

**Right To A Paper Copy Of This Notice:** You have the right to a paper copy of this notice. You may ask for a copy at any time.

### **Changes To This Notice**

I reserve the right to change this notice, and to make the revised or changed notice effective for clinical information I already have about you as well as any information I receive in the future. I will post a summary of the current notice in the office with its effective date in the top right hand corner. You are entitled to a copy of the notice currently in effect.

### **Complaints**

If you believe your privacy rights have been violated, you may file a complaint with this office by calling (541) 326-1454 or with the Secretary of the Department of Health and Human Services at (877) 696-6775. You will not be penalized for filing a complaint.