

Exhibit A — Notice of Privacy Practices

Stoic in the Valley Counseling and Consulting

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Effective date: September 27, 2026

THIS NOTICE DESCRIBES HOW MEDICAL INFORMATION ABOUT YOU MAY BE USED AND DISCLOSED AND HOW YOU CAN GET ACCESS TO THIS INFORMATION. PLEASE REVIEW IT CAREFULLY.

1. Your information, your rights

You may ask questions, request your records, and tell us about your privacy needs. Contact John using the information at the end of this notice for help with any of these rights.

The details

You may ask to inspect or receive an electronic or paper copy of the clinical, billing, and other health information we maintain about you. We respond within the time required by law. Any copying fee must be reasonable and allowed by law. A summary may be provided instead if you agree. Separately maintained psychotherapy notes have different access rules from ordinary progress notes; other legal limits may also apply. If access is denied, we explain the reason and any available review rights.

You may ask us to amend information you believe is incorrect or incomplete. If the law allows us to deny the request, we explain why in writing and tell you how to submit a statement disagreeing with the decision.

You may ask us to contact you in a particular way or at a particular address. We accommodate reasonable requests.

You may ask us to limit uses or disclosures for treatment, payment, or practice operations. We are not always required to agree. If you pay for a service out of pocket in full, you may ask us not to disclose information about that service to a health plan for payment or operations. We honor that request unless disclosure is required by law.

You may request an accounting of certain disclosures made during the six years before your request. The accounting excludes disclosures the law does not require us to include, such as most disclosures for treatment, payment, or operations and disclosures made with your authorization. One accounting in a 12-month period is free. We tell you about any permitted fee for an additional accounting before you decide to proceed.

You may request a paper copy of this notice at any time, even if you receive it electronically. A person with legal authority to act as your personal representative may exercise your rights within that authority after we verify it.

2. Information used to provide your care

We use information to support treatment, handle payment, and run the practice. Florida and federal confidentiality rules apply to each use and disclosure.

The details

For treatment, we use information to understand your concerns and plan your care. For example, John may review your progress or coordinate with another treating professional when permitted by law and with separate permission when required.

For payment, we use information to prepare invoices, process authorized payments, and address balances. For example, an invoice identifies the service and amount charged. This is a self-pay practice and does not bill insurance. A superbill is available on request; reimbursement is not guaranteed.

For practice operations, we use information to maintain records, support secure technology, check the quality of care, and meet professional and legal responsibilities. For example, the practice may review

records for completeness or use a service provider to maintain the Client Portal. Service providers handling protected information must have the privacy and security obligations required by law.

These purposes do not override Florida protections for counseling communications and records, psychotherapy-note protections, or the substance use disorder protections described below. We obtain separate permission when required and limit disclosures as the law requires, including the minimum-necessary rule where it applies.

3. Your choices about sharing

Being in therapy does not give family, friends, or others general access to your records. You may change your mind about a written authorization.

The details

Tell us your preferences about sharing information with family, close friends, or others involved in your care or payment, including during disaster relief. We follow those preferences within the law and obtain written permission when required. If you cannot communicate, we may share information for your care or safety only when applicable law allows or requires it. Naming an emergency contact does not by itself authorize release of your records.

We will not use or disclose your health information for marketing or sell it without your written authorization. Most uses or disclosures of separately maintained psychotherapy notes also require your written authorization. Other uses or disclosures not described in this notice require your written authorization. You may revoke an authorization in writing, except to the extent we have already acted in reliance on it.

The practice does not conduct fundraising using client health information.

4. When the law permits or requires sharing

Some situations require or allow limited disclosure. We check the applicable legal requirements before sharing protected information.

The details

Required reports include suspected reportable child abuse, abandonment, neglect, or sexual abuse, and abuse, neglect, or exploitation of a vulnerable adult. Proof is not required before a mandated report, and we cannot promise advance notice.

If you communicate a specific threat of serious bodily injury or death to an identified or readily available person, and John judges that you have the apparent intent and ability to act imminently or immediately, Florida law requires disclosure to law enforcement. John may also warn the person and take other legally permitted emergency steps.

Other legally qualifying disclosures may involve public-health activities, such as reporting disease; authorized health-oversight activities, such as licensing investigations; workers' compensation; law-enforcement requests; and military, national-security, or other authorized government functions. Disclosures involving research, medical examiners, coroners, or funeral directors also require the applicable legal conditions and confidentiality protections to be met. Mentioning these legal categories does not authorize a release that Florida or federal law otherwise prohibits.

We comply with legally required disclosures, including to the U.S. Department of Health and Human Services for privacy-rule oversight. Legal proceedings require a valid basis for disclosure under applicable law. A subpoena alone does not remove confidentiality or privilege. If a client complaint leads to a civil, criminal, or disciplinary action against John, limited disclosure may be permitted to defend that action.

Florida law provides additional protection for counseling communications. Written permission is obtained when required, including each family member's written agreement when more than one family member is receiving therapy and the law requires their agreement to release the communications.

5. Additional protection for certain substance use disorder records

Some substance use disorder records have additional federal protection under 42 CFR Part 2. These protections apply when the practice receives or maintains records covered by that law.

The details

Part 2 records, and testimony describing their contents, may not be used or disclosed in civil, criminal, administrative, or legislative investigations or proceedings against you without your written consent or a court order that meets Part 2 requirements. Before such a court order is issued, you or the holder of the records must receive notice and an opportunity to be heard as required by Part 2. The order must also be accompanied by a subpoena or another legal requirement compelling disclosure. A subpoena alone is not enough.

We follow Part 2's additional consent and disclosure limits when they apply. Consent for use in proceedings against you must be separate from consent for other uses. Separately maintained substance use disorder counseling notes also require separate consent, except for limited exceptions permitted by that law.

6. Our responsibilities

We are responsible for protecting your information and following the notice currently in effect.

The details

We are required by law to protect the privacy of protected health information, maintain required safeguards, provide this notice of our legal duties and privacy practices, and notify affected individuals following a breach of unsecured protected health information as required by law.

We follow the privacy practices described in the notice currently in effect. Electronic communication and telehealth reduce some barriers to care but cannot eliminate privacy risks. The Client Portal is preferred for routine clinical communication and document exchange.

7. Questions, requests, and complaints

You may raise a privacy concern without fear of retaliation. John is the practice privacy contact.

The details

To ask about this notice, exercise a privacy right, or make a complaint, contact:

John Rivera Jr., LMHC — Privacy Contact

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You may also use a secure Client Portal message. Please avoid sending sensitive clinical details by ordinary email.

You may file a complaint with the U.S. Department of Health and Human Services Office for Civil Rights at hhs.gov/hipaa/filing-a-complaint, by calling 1-877-696-6775, or by writing to 200 Independence Avenue, S.W., Washington, D.C. 20201. We will not retaliate against you for filing a complaint with the practice or HHS.

8. Changes to this notice

You may ask for the current notice whenever you need it.

The details

We may change this notice as permitted by law and make the revised terms apply to all information we maintain, including information already in our records. The revised notice will show its effective date and be available on the practice website, at any physical service location, through the Client Portal, and on request. We follow the notice currently in effect.

Read-only; receipt is addressed in Sections 10 and 12 of the Intake Paperwork. No separate signature is required.