

DEBRA ALLDREDGE, M.A., A.T.R.-BC, L.P.C.- AT, L.M.F.T.

Registered Art Psychotherapist – Board Certified

Licensed Professional Counselor

Licensed Marriage and Family Therapist

Email and Texting Consent

HIPAA ( Health Insurance Portability & Accountability Act) regulations and my professional Code of Ethics both require that I keep your Protected Health Information private and secure and indeed I want to do so. Email and texting are very convenient ways to handle administrative issues like scheduling or receipt requests, but neither email or texting is 100% secure. Some of the potential risks you might encounter if we communicate electronically include:

Misdelivery of email or texts to an incorrectly typed address.

Email & texting accounts can be "hacked", giving a 3<sup>rd</sup> party access to the email or text content and addresses.

Email providers ( ie Gmail, Comcast, Yahoo) or Phone service providers keep copies of each email and texts on their servers, or in the device where it might be accessible to employees, etc.

For these reasons, I will not use email or texting and prefer we communicate in person or through my voicemail.

I, \_\_\_\_\_ (Patient Name),  
authorize Debra Alldredge, MA, ATR-BC, LPC-AT, LMFT. to provide notice to me by telephone or verbally in the event of a breach of my protected health information (PHI).]

Please indicate you understand and agree to this policy by signing below.

\_\_\_\_\_  
Name

\_\_\_\_\_  
Date