# Washington Consumer Health Data Privacy Policy

Effective Date: **November 15, 2026** | Replaces policy dated January 16, 2025 (revised February 2026)

## Purpose and Scope

This policy explains how BelRed Family Medicine PLLC, doing business as Advanced Family Medicine ("AFM," "we," "us"), collects, uses, and shares "consumer health data" as defined by the Washington My Health My Data Act (chapter 19.373 RCW).

**Important:** Health information that we collect as a health care provider in the course of your care, such as your medical record, is protected health information under HIPAA and is governed by our Notice of Privacy Practices, not by this policy. This policy covers the limited health-related information we may receive outside your medical record, mainly through our website and online tools.

## Categories of Consumer Health Data We Collect

- Information you choose to submit through our website or online booking tools, such as your name, contact details, and the reason for your appointment request.
- Information you send us by email (afmadmin1@afmllc.us) or by phone that is not yet part of a medical record.
- The fact that you visited pages about specific health services, to the extent this is captured by our web host's standard server logs.

Our website does not use advertising cookies, tracking pixels, or analytics tools, and it does not collect precise geolocation.

## Sources

We collect consumer health data directly from you when you contact us, request an appointment, or use our online tools, and from our service providers that operate those tools (FollowMyHealth patient portal and online scheduling, InstaMed online bill pay, and Sync.MD).

## Purposes

- To schedule appointments and respond to your requests.
- To operate, secure, and troubleshoot our website and tools.
- To comply with law.

We do not use consumer health data for marketing or targeted advertising, and we do not sell consumer health data.

## Sharing

- Processors: vendors that host our website or operate our scheduling, payment, and records tools, under contracts that limit their use of the data to providing services to us.
- Affiliates: Advanced Family Medicine PLLC, our affiliated practice under common ownership, which provides and bills for care at our office.
- Government or law enforcement: only when required by valid legal process.

## Your Rights

Under Washington law you have the right to:

- Confirm whether we collect, share, or sell your consumer health data, and access that data, including a list of all third parties and affiliates with whom we have shared it and their contact information.
- Withdraw consent to our collection and sharing of your consumer health data.
- Request deletion of your consumer health data.
- Not be discriminated against for exercising these rights.

## How to Exercise Your Rights

Contact us by email at afmadmin1@afmllc.us, by phone at 425-453-6838, or by mail at 2007 152nd Ave NE, Redmond, WA 98052. We will verify your identity and respond within 45 days, which may be extended once by an additional 45 days when reasonably necessary, with notice to you. If we decline your request, you may appeal by contacting us the same way; we will respond to your appeal in writing within 45 days. If your appeal is denied, you may contact the Washington State Attorney General at www.atg.wa.gov/file-complaint.

## Link Placement

A link to this policy appears on the home page of www.afmllc.us.