



HIPAA DISCLOSURE RELEASE & COMMUNICATION PREFERENCES

Patient Name:

Date of Birth:

Phone:

MRN / Account #:

PART 1 — COMMUNICATION PREFERENCES

Under HIPAA (45 CFR § 164.522(b)) and the CMIA (Cal. Civil Code § 56.107, AB 1184, eff. July 1, 2022), you have the right to request that communications of your PHI be directed to a specific address, phone, or format. This form also serves as your Confidential Communication Request (CCR) under AB 1184.

California AB 1184 — Sensitive Services Disclosure Prohibition (Cal. Civil Code § 56.107):

This practice is prohibited from disclosing records related to sensitive services to anyone other than you — including the policyholder, primary subscriber, or parent — without your express written authorization. Sensitive services include mental/behavioral health, sexual and reproductive health, STI services, substance use disorder treatment, gender-affirming care, and intimate partner violence services.

I wish to be contacted in the following manner(s) (check all that apply):

☐ Cell Phone

- ☐ Leave message with detailed information
- ☐ Leave callback number/details only

☐ Work Telephone

- ☐ Leave message with detailed information
- ☐ Leave callback number/details only

☐ Home Telephone

- ☐ Leave message with detailed information
- ☐ Leave callback number/details only

☐ Written Correspondence

- ☐ Mail to home address on file
- ☐ Mail to alternative address below:

Alternative Mailing Address:

City / State / ZIP:

Confidential Communication Request (CCR) Required under Cal. Civil Code § 56.107 (AB 1184):

If you want ALL communications about your medical information directed to a specific phone, email, or address different from what is on file, provide your preferred contact below. The Practice is required by law to honor this request.

☐ I am requesting a Confidential Communication — use the contact information below for ALL health and treatment communications:



Preferred Phone:

Preferred Email:

Preferred Mailing Address:

California SB 81 (eff. September 20, 2025) Immigration Status & Place of Birth | Cal. Civil Code § 56.10:

Your current or prior immigration status and place of birth are protected medical information under California law. This practice will not disclose this information for immigration enforcement purposes except as required by a valid court order from a California state or federal court, or as expressly authorized by you in writing.

PART 2 — AUTHORIZATION TO RELEASE PHI TO DESIGNATED INDIVIDUALS

I hereby authorize the designated individuals below to request, discuss, and receive PHI regarding my healthcare and treatment, including treatment information, billing, and payments. The identity of the designated individual must be verified before release of PHI.

Sensitive Services Limitation (Cal. Civil Code § 56.107, AB 1184):

A general designation below does NOT authorize disclosure of sensitive services records to the designated individual. Those records require your separate, specific written authorization. Practice staff are trained to apply this restriction regardless of any general designation on file.

This authorization may include information considered sensitive under applicable law (mental health, substance use disorder, HIV/AIDS status, genetic information, or other protected categories), which will be disclosed only as permitted by law and subject to the sensitive services limitation above.

Full Name	Relationship to Patient	Phone Number

PART 3 — DURATION AND REVOCATION

- This authorization will remain in effect from the date signed until revoked in writing.
- I have the right to revoke this authorization in writing at any time.
- Information disclosed to authorized individuals above may no longer be protected by federal or state law and may be subject to redisclosure.



- Revoking this authorization does not affect disclosures that already occurred before the practice received my written revocation.

SIGNATURES

Patient / Legal Representative Print Name:

Patient / Legal Representative Signature:

Date:

Legal Authorities: HIPAA Privacy Rule, 45 CFR § 164.522(b) Cal. Civil Code § 56.107 (AB 1184, eff. 7/1/202022) al. Civil Code § 56.10 as amended by SB 81 (eff. 9/20/2025) Cal. Civil Code § 56.101 (AB 352, eff. 7/1/2024) This form is a compliance template. Complete bracketed fields and review with legal counsel before deploying.