



ELEVATED WELLNESS ME

HIPAA & Privacy Position Statement

Effective September 2, 2026 | Reviewed at least annually

Current position

Elevated Wellness Me currently operates as a self-pay, nonclinical health-coaching and educational practice. Based on its current activities, it does not represent itself as a HIPAA covered entity or business associate.

What this means

HIPAA applies to covered entities and business associates as defined by federal law. A person's health-related information can still be sensitive and legally protected under other laws and agreements even when it is not protected health information under HIPAA.

Elevated Wellness Me therefore applies privacy-conscious safeguards to coaching information, communications, thermography images, and reports regardless of whether HIPAA is legally triggered.

Thermography

Thermal imaging is offered only as adjunctive information. It does not diagnose disease and does not replace mammography, examination, diagnostic imaging, laboratory testing, or care from an appropriately licensed health professional. Image interpretation is performed by a separately qualified interpreting professional or organization under the agreement applicable to that relationship.

Identifiable images and reports are transmitted only through an approved secure method. Client authorization, privacy expectations, report delivery, retention, and sharing preferences are documented before service.

Coach Ledger

Coach Ledger is described as a privacy-conscious administrative platform for coaching practices. It is not marketed as 'HIPAA approved,' 'HIPAA certified,' or guaranteed compliant. Federal agencies do not approve software products as HIPAA compliant. Compliance depends on the user's legal role, contracts, configuration, vendors, safeguards, and actual practices.

If Coach Ledger is later used to handle protected health information for a HIPAA covered entity, Elevated Wellness Me will reassess its role before that use and implement any required BAAs, subcontractor agreements, risk analysis, policies, training, incident response, and technical safeguards.

Our privacy commitments

- Collect only information reasonably needed for the stated service.
- Use access controls and secure methods appropriate to the sensitivity of the information.
- Do not request payment-card details through ordinary email, text, or coaching forms.
- Limit sharing to the client's authorization, service delivery, legal obligations, or safety needs.
- Review vendors and reassess privacy obligations whenever services or data flows change.
- Maintain processes for access, correction, retention, deletion, backup, and incident response.

Questions and requests

Privacy questions or requests may be sent to functionalnutrition@elevatedwellness.me. Please do not include diagnoses, medical records, passwords, payment-card information, thermograms, or other unnecessary sensitive information in ordinary email.

This statement describes current business practices and is not a promise that HIPAA applies, a certification of compliance, or legal advice. The determination is reviewed when services, vendors, billing arrangements, professional relationships, or applicable law change.

References: U.S. Department of Health and Human Services, Covered Entities and Business Associates; HHS Business Associate Guidance; U.S. Food and Drug Administration thermography guidance; American Academy of Thermology Code of Ethics and applicable guidelines.

Related website terms: <https://elevatedwellness.me/legal>