

PMB WELLNESS PLLC
24285 Katy Freeway, Suite 300
Katy, Texas 77494
Phone: 346-213-4707

Effective Date: March 31, 2026

This Privacy Policy explains how PMB Wellness PLLC collects, uses, protects, and shares information through our website. This policy applies only to information collected through our website and does not replace our separate Notice of Privacy Practices, which applies to protected health information collected during clinical care.

By using this website, you agree to the terms of this Privacy Policy.

INFORMATION WE COLLECT

Information You Voluntarily Provide

When you use our website, you may voluntarily provide:

- Name
- Email address
- Phone number
- Information submitted through contact forms
- Information submitted through appointment request forms
- Health or mental health information entered into our secure intake portal

Information submitted through website forms is transmitted securely through a link that connects directly to our electronic health record system, Tebra. Information entered into the secure portal becomes part of your designated medical record.

Information Automatically Collected

When you visit our website, certain information may be collected automatically, including:

- Internet Protocol (IP) address
- Browser type
- Device type
- Pages visited
- Date and time of access
- Referring website addresses

This information is used for website functionality, security monitoring, and improving user experience.

Cookies and Tracking Technologies

Our website may use cookies or similar technologies to enhance site functionality. Cookies are small files stored on your device that help improve website performance and usability.

You may disable cookies through your browser settings; however, doing so may affect website functionality.

We do not sell your personal information.

HOW WE USE INFORMATION

We use information collected through the website to:

- Respond to inquiries
- Schedule appointments
- Provide access to patient intake forms
- Improve website functionality and security
- Comply with legal and regulatory requirements

If you become a patient, health information submitted through the secure portal will be used and disclosed in accordance with our Notice of Privacy Practices and applicable federal and Texas law.

THIRD-PARTY SERVICES

Our website may utilize third-party service providers for website hosting, security, analytics, or electronic health record integration. These service providers are required to maintain appropriate safeguards.

Information entered into the secure intake or appointment portal is transmitted directly into our Tebra electronic health record system. Tebra operates under HIPAA-compliant standards.

We do not authorize third parties to use your information for independent marketing purposes.

DATA SECURITY

We implement reasonable administrative, technical, and physical safeguards to protect information submitted through our website.

However, no method of electronic transmission or internet storage is completely secure. While we strive to protect your information, we cannot guarantee absolute security.

ELECTRONIC COMMUNICATION RISK DISCLOSURE

Electronic communications, including email and internet-based submissions, carry some risk of unauthorized access despite security safeguards.

By using this website and submitting information electronically, you acknowledge and accept these risks. If you prefer not to submit information electronically, you may contact our office by phone at 346-213-4707.

CHILDREN'S PRIVACY

This website is not intended for children under the age of 13. We do not knowingly collect personal information from children through this website.

If we become aware that information has been submitted by a child without appropriate consent, we will take reasonable steps to delete such information.

YOUR RIGHTS

Depending on your state of residence, you may have rights regarding your personal information, including:

- The right to request access to information you have submitted
- The right to request correction of inaccurate information
- The right to request deletion of certain information, when applicable

To make a request, please contact our office in writing at the address listed above.

Patient medical record requests must follow the procedures outlined in our Notice of Privacy Practices.

THIRD-PARTY LINKS

Our website may contain links to external websites. We are not responsible for the privacy practices of third-party sites. Users are encouraged to review the privacy policies of any external websites visited.

CHANGES TO THIS POLICY

We reserve the right to update this Privacy Policy at any time. Updates will be posted on this page with a revised effective date.

Continued use of the website after changes are posted constitutes acceptance of the revised policy.

CONTACT INFORMATION

If you have questions about this Privacy Policy, you may contact:

PMB Wellness PLLC
24285 Katy Freeway, Suite 300
Katy, Texas 77494
Phone: 346-213-4707

If you believe your rights have been violated, you may also file a complaint with:

Texas Board of Nursing
333 Guadalupe Street, Suite 3-460
Austin, Texas 78701
Phone: 512-305-7400
Website: www.bon.texas.gov

You will not be retaliated against for filing a complaint.

Website Disclaimer

Effective Date: April 3, 2026

This website is owned and operated by Krista Lewis, DNP, APRN, NP-C, PMHNP-BC a Psychiatric-Mental Health Nurse Practitioner located in Katy, Texas.

No Medical or Mental Health Advice

The content on this website is provided for informational and educational purposes only. It is not intended as medical or mental health advice, diagnosis, or treatment. Viewing this website or contacting this practice through this site does not establish a provider-patient relationship. Clinical services are provided only after completion of an intake process and mutual agreement to treatment.

No Therapeutic Relationship

Submitting a contact form, email, phone call, or other communication through this website does not create a therapeutic or provider-patient relationship. A formal evaluation and signed consent are required before services begin.

Emergency Disclaimer

This website is not intended for emergency situations. If you are experiencing a mental health crisis, having thoughts of self-harm or suicide, or believe you are in immediate danger, call 911 or go to the nearest emergency room. You may also call or text 988 to reach the Suicide & Crisis Lifeline.

Do not use this website, email, or contact forms for urgent or emergency matters.

Electronic Communications

Communication through this website, including contact forms and email, may not be fully secure. Please avoid submitting sensitive or confidential information electronically. Confidential information should be shared only during scheduled clinical appointments or through secure, approved platforms.

Telehealth Services

Telehealth services are provided only to patients who are physically located in states where the provider is licensed at the time of the appointment. Telehealth services may involve certain technology-related risks, including interruptions, unauthorized access, or technical difficulties.

External Links

This website may contain links to third-party websites for informational purposes. These links do not constitute endorsement, and this practice is not responsible for the content, accuracy, or privacy practices of external sites.

Testimonials

Any testimonials or examples presented on this website reflect individual experiences and are not guarantees of specific outcomes. Results vary based on individual circumstances.

Limitation of Liability

All information on this website is provided “as is” without warranties of any kind, express or implied. This practice disclaims liability for any decisions made based on information provided on this website.