



Health Coaching Informed Consent

Our health coach assists our doctor by providing you with specific information regarding how to implement the doctor’s recommendations on diet, nutrition, exercise and other lifestyle issues. The Coach’s nutritional advice is provided solely to support your body’s physiological and biomechanical processes.

The Client understands that the Health Coach is not acting in the capacity of a doctor, licensed or registered dietician or other health professional, and that any advice given by the Coach is not meant to take the place of advice by these professionals. If the Client is under the care of a health care professional or currently uses prescription medications, the Client should discuss any dietary changes or potential dietary supplements with his or her health professional, and should not discontinue any prescription medications without first consulting his or her doctor.

The client has chosen to work with the Coach and understands that the information received should not be seen as medical or nursing advice and is not meant to take the place of seeing licensed health professionals.

The role of the health coach is not to provide health care or medical services; or to diagnose, treat or cure any disease, condition or other physical or mental ailment of the human body. Rather, the Coach is a mentor.

If at any time you do not understand any of the information provided by the Health Coach, you may consult her or our doctor for clarification. They may also refer you to other resources for additional information.

Patient Signature: _____ **Date:** _____

Prepayment Agreement (If applicable)

Number of sessions _____

Hourly rate _____

Discount _____

Total discounted rate _____

Refunds of unused pre-paid services will be provided. In the event that unused services are refunded, the pre-paid discount will be removed. The original amount paid, minus the total number of appointments attended (billed at the full hourly rate), will be refunded to you.

Patient Signature: _____ **Date:** _____