



Description and Expectations of Wellness Sessions

Many clients ask how long it will take to resolve their health challenges. I wish I could give a definitive answer to that question. It really depends on several factors, including the complexity of your condition. What I can say for certain is that habits, patterns, and chronic health conditions don't develop overnight, and you shouldn't expect them to turn around overnight either. Stubborn or complex health issues may take time, which is why I ask you to commit to working together for at least 3 months. I simply haven't seen a high level of success when my clients don't commit to at least 3 months of focused effort on their health goals.

The good news is that most of my clients start seeing some improvement in the first month. You'll have the best chance of success when you commit for at least 3 months and decide to give it your all. Typically, this includes our initial 2-hour session together plus 2 additional follow up sessions of 1 hour each, usually scheduled every 30 days. However, depending on your individual needs, I may recommend additional sessions be scheduled. After the initial 3 months, we'll re-evaluate your progress and assess the need for our continuing work together.

The foundation for changing the future of your health for the better

First, we will schedule an Initial Comprehensive Wellness Consultation.

This is a very comprehensive 2-hour appointment focusing on what is needed to assist you in restoring your health. I need to really get to know you, your health struggles, family history, and your goals. I do not treat symptoms, but work with you to remove the obstacles that may be at the root cause of your health imbalances.

Please fill out and send to me in advance of your appointment the provided health questionnaire form and send any current labs you may have. Please review this Integrative Health & Nutrition Coaching Agreement before our appointment.

For this initial session you can expect the following:

- Review of health symptoms and challenges
- Review of current diet and nutrition
- Review of supplements and medications you've been taking
- Review of current labs if you have any (in some cases I may ask you to obtain specific lab work from your primary medical practitioner, or from an outside lab)



- Determination of health situation (what is at the root of your health challenges)
- Testing options are included to identify the root cause of symptoms and health challenges
- Discussion of recommendations, including an immediate action plan for diet, lifestyle, and supplements
- Discussion of long-term plans for your health
- Email support to assist you through this important time and process

Additional Follow Up Wellness Consultations are scheduled for 1 hour each.

All sessions include email support to assist you until your next recommended appointment.

What you can expect from working with me

I am a resource for you to use to your best advantage. I am here to help you increase your success in attaining your health goals. Because I keep a pulse on what's out there, stay up to date on new studies and data, and am forever a student of higher education in my profession, you can be confident you have access to the most up to date, effective data.

I take the time to get to know you and strategize the best ways to guide you towards success. I am there as an ally for you throughout your healing process. I listen without judgment and help you stay accountable to yourself.

I will create a wellness program tailored to your specific issues and needs, because we are each unique and complex individuals with different personalities, motivations, challenges, and values. One size does not fit all!

If needed, I can be a helpful addition to your health care team, bridging gaps and offering more in-depth support to help you achieve your health and wellness goals.

What I expect from you

There are no short cuts or magic bullets when it comes to achieving your health and wellness goals.

The one thing all my successful clients have in common is their strong commitment to themselves in their healing process. I expect a full commitment from you toward your own growth and development. If at any point this does not feel feasible, I ask that we discuss this in our session.

The key to an effective coaching relationship is communication. Please let me know at any time if you have concerns that we haven't addressed.



Nutritional supplements informed consent

Nutritional supplements can be an important part of your health and healing. Supplementation is intended to be part of an intervention to bring your body back into balance, but not to create a reliance on them. They may be recommended as a temporary intervention while your body is supported to return to its natural ability to heal, maintain health and resolve any deficiencies. I invest a great deal of time researching and hand selecting the highest quality formulations for my clients' specific health concerns. Please know that I only recommend high quality nutritional supplements from trusted labs that I have experience with. The goal is to have them actually contain what they say they contain, and that they are effective. There is no FDA oversight on supplements and there are many supplements being sold that are suspect due to contaminated raw materials, presence of heavy metals, pirated and/or expired products.

I do everything I can to minimize the amount of products I recommend for you. You are never required to buy supplements, but in my experience they can be a valuable intervention. Nutritional supplement pricing varies and is not included in the price of the appointment.

Practice Policies

It is important to read all of the information below carefully so that I can provide you with the highest level of personalized care.

Please note that I am not a medical doctor and I do not provide primary or acute care services. I will work with you closely as a health coach to help you address the root causes of your health problems. I will gladly confer with your primary care doctor if necessary. I strongly recommend that you have a primary care physician.

I am not an insurance-covered practice. I do not accept health insurance, file insurance claims, or provide a superbill. Clients who work with me value their health and wellness as a top priority and recognize that they are investing in themselves to create the high quality of life that comes from possessing true wellness.

Please check with your tax professional as sessions with me may qualify toward your medical expenses claimed on your income tax returns, or expenses may be qualified for reimbursement out of your HSA or FSA.

Fee and Pre-Pay policy

For your convenience, payment options are cash, credit card, or check (payable to The Spa on Green Street). Checks returned for insufficient funds will result in an additional charge. In order to hold your appointment time, the Spa on Green Street Wellness Concierge will request a credit card number at the time the appointment is made.



Initial appointments will be pre-paid using the credit card on file 48 hours before the scheduled appointment. This is an automatic, non-refundable transaction. Should you need to reschedule, please do so with at least 48 hours' notice (see policy below for more details).

Cancellations and rescheduling

48-hour advance notice is required to avoid being charged for the appointment. If you do not keep your appointment and do not provide 48-hour advance notice, you will be charged full price for the missed appointment.

Please be aware that although you may receive reminder phone calls, emails, and texts about appointments, these reminders are a courtesy only. It is your responsibility to remember your appointment date and time.

To cancel or reschedule your appointment, please call the Spa on Green Street at (678) 450-1570.

Late arrival appointments

If you arrive late for your appointment, your appointment will end at the scheduled time and you will be charged for the full length of the scheduled visit.

Confidentiality

All client information is confidential and only released outside the office with the written authorization of the client. If the client is a minor, written parental consent is required. The exceptions to this policy are if I am compelled to release such information by law or by a court order or if an individual's physical safety is threatened. A complete HIPAA policy is included with your initial paperwork.

General Disclaimer and Client Waiver

Simply stated, you understand that I am an Integrative Health and Nutrition Coach offering motivational and educational services. I cannot be held liable for any advice, suggestions, or guidance that I provide during our work together. However, please take the time to read the entire waiver:

The client understands that the role of a health and nutrition coach is not to diagnose, treat or cure any disease, condition or other physical or mental ailment. Rather, a health and nutrition coach is a mentor and guide who has been trained to help clients reach their own health goals by helping clients devise and implement positive, sustainable lifestyle changes.



The client understands that the health and nutrition coach is not acting in the capacity of a medical doctor and that any advice given by the health and nutrition coach is not meant to take the place of advice by such. 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 supplement use with his or her doctor, and should not discontinue any prescription medications without first consulting his or her doctor.

The health and nutrition coach may recommend functional lab work, the cost of which is the responsibility of the client and shall be made by the client directly to the lab. The client also understands that the health and nutrition coach is not a doctor and interpretation of lab results is for educational purposes only. Also, any lab work recommended by the health and nutrition coach is not intended to diagnose, treat, prevent or cure any disease. Any medical questions should be directed to the client's primary care doctor.

The client has chosen to work with the health and nutrition 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 a medical doctor. If the client encounters any difficulties, pain, allergic reactions, or adverse side effects they should stop the activity immediately and consult their doctor. Also, if the client experiences a life threatening medical emergency, the client should call 911 immediately.

Regarding client's personal responsibility and release of health care related claims, the client acknowledges that the client takes full responsibility for the client's life and well-being, as well as the lives and well-being of the client's family and children (where applicable), and all decisions made during and after health and nutrition coaching services.

The client expressly assumes the risks of the services including the risks of trying new foods or supplements, and the risks inherent in making lifestyle changes. The client releases the health and nutrition coach from any and all liability, damages, causes of action, allegations, suits, sums of money, claims and demands whatsoever, in law or equity, which the client ever had, now has or will have in the future against the health and nutrition coach arising from the client's past or future participation in, or otherwise with respect to, the program & services, unless arising from the gross negligence of the health and nutrition coach.

By signing the Health Questionnaire provided, you are acknowledging that you have read, understand, and agree with all of the above.

If you have any questions, please call the Spa on Green Street at 678-450-1570.