

## **Health Coaching Services Informed Consent and Waiver**

Welcome to Health Coaching services at Wright Wellness with Dr. Dana Shafir! This informed consent and waiver document contains important information about health coaching services and related business policies. Please read it carefully and let us know if you have any questions. We want you to have the best understanding you can of these services at Wright Wellness.

### **Health Coaching Services**

Health coaching is a general term for the process of facilitating healthy and sustainable behavior change and transforming individual goals into action. Health coaching includes exploration of food and lifestyle choices, with an overall focus and journey towards healthy living.

### **Risks and Benefits**

Health coaching can have benefits and risks. Since health coaching involves various life change goals, it is important to understand what exactly health coaching is and is not.

The role of Dr. Shafir is not to prescribe or assess micro- and macronutrient levels; provide health care, medical or nutrition therapy services, or to diagnose, treat or cure any disease, condition, or other physical or mental ailment of the human body. Rather, Dr. Shafir is a mentor and guide who has been trained in holistic health coaching to help clients reach their own health goals by helping clients devise and implement positive, sustainable lifestyle changes.

Dr. Shafir is not acting in the capacity of a medical doctor, licensed dietician-nutritionist, or personal trainer, and that any advice given by Dr. Shafir is not meant to take the place of advice by these professionals. If you are under the care of a health care professional or currently use prescription medications, you should discuss any dietary changes or potential dietary supplements use with your health care professional, and should not discontinue any prescription medications without first consulting your health care professional. Health coaching is not a substitute for medical attention, examination, diagnosis, or treatment.

### **About Dr. Dana Shafir**

Dr. Dana Shafir is a doctoral-level licensed professional counselor. Since earning her doctorate in counseling psychology in 2005 from Texas Woman's University, Dr. Shafir has had great opportunities working in a variety of settings, including university

counseling centers, private schools, private practices, a children's hospital, and remote opportunities. She has had the honor of offering counseling services to individuals from a wide range of age groups, cultures, and backgrounds, who have sought therapy for just as wide a range of reasons. Through a compassionate, trauma-informed, person-centered, culturally-sensitive, and holistic lens, some of her own goals include "meeting" clients where they are psychologically, establishing healing therapeutic relationships, empowering and equipping them with healthy coping skills and psychoeducation, and reminding them that although she is a partner in their health journey, they are the true experts in their own lives. Her clinical interests, specialties, and experiences include adjustment issues, women's health, adolescents, relationships, parenting, health and wellness, body image concerns, chronic health conditions, and the integration of mind, body, and spirit.

Dr. Shafir is also a certified health Dr. Shafir and can assist in being your personal advocate for living a passionate and energized life, as well as to educate, empower, guide, and support you during your journey towards healthy living. Through a collaborative approach, she can equip you with positive habits and skills, in an effort to discover the food and lifestyle choices that best support you, all the while guiding you towards a life that is flexible, fun, and free of deprivation and strictness. Whether you are reaching out to her in need of counseling services or health coaching needs, she is committed to your success!

### **Cancellation Policy and Contact**

Once a health coaching session is scheduled, you will be expected to pay for it unless you provide 24 hours notice of cancellation [unless we both agree that you were unable to attend due to circumstances beyond your control]. If it is possible, we will work with you to find another time to reschedule the session. We understand that unplanned circumstances can prevent you from making your session, however we ask that you communicate with us in a timely manner so that we can offer that time to someone else in need.

Dr. Shafir is often not immediately available by telephone or email, and is not always in the office. She does her best to return her own calls, but will not answer the phone when she is with a client. If she is unavailable, you also have the option to leave a voice mail for our office assistant or send an email. We will make every effort to return your message as soon as possible, usually within 24 hours, with the exception of weekends and holidays. If you are difficult to reach, please inform us of times when you will be available. If you are unable to reach her and it is an emergency or crisis,

call 911 or go to the nearest emergency room to receive immediate care. If there is an emergency, and she becomes concerned about yours or someone else's safety, she may need to call your emergency contact, or a close relative or friend.

### **Confidentiality and Professional Records**

In general, the privacy of all communications between Dr. Shafir and a client will remain confidential. *However, there are a few exceptions:*

There are some situations in which she is legally obligated to take action to protect others from harm, even if she has to reveal some information about a client's treatment. For example, if she believes that a child, elderly person, or disabled person is being abused or neglected, she must file a report with the appropriate state agency. If she believe that a client is threatening serious bodily harm to another, she may feel compelled to take protective actions. These actions may include notifying the potential victim, contacting the police, or seeking hospitalization for the client. If the client threatens to harm himself/herself, she may be obligated to seek hospitalization for him/her or to contact family members or others who can help provide protection. These situations rarely occur. If a similar situation occurs, she will make every effort to fully discuss it with you before taking any action.

It is also important to note the limitations of confidentiality when communicating through email. Although we are open to communication through email for specific reasons and will do our best to maintain your confidentiality, there is always a risk due to viruses, hackers, etc. Therefore, if you choose to communicate with us through email, you accept and assume all associated risks.

We will keep records of your services at Wright Wellness, but these records will remain confidential. Your information will not be shared without a signed release of information provided. Please note that a signed copy of the Notice of Privacy Practices document is required if you are interested in trying to use your health insurance benefits to cover health coaching services.

Please remember if you miss a scheduled appointment and do not call the office to reschedule within 30 days, we will take that as your notice that you have decided to terminate services with Dr. Shafir. In the event of your health coach's death or disability, you authorize Wright Wellness to take appropriate steps to find a suitable custodian of your records.

### **Professional Fees and Billing**

Payment for services is an important part of your work with Dr. Shafir. She provides health coaching services on a fee-for-service basis. Payment is expected at the time of session, although payment plans are also available if needed. We accept cash, check, or credit card and request that you keep a credit card on file with us for billing purposes (required for payment plans).

Some insurance plans are beginning to cover health coaching services, so please let us know if you would like to try and use your health insurance for services and we can explore specific coverage further.

If your account has not been paid for more than 60 days and arrangements for payment have not been agreed upon, we have the option of using legal means to secure the payment. This may involve hiring a collection agency or going through small claims court. If such legal action is necessary, its costs will be included in the claim. In most collection situations, the only information we release regarding a patient's treatment is his/her name, the nature of services provided, and the amount due. We prefer to avoid this option and ask our clients to work with us to settle any balances.

### **Minors**

If you are under eighteen years of age, please be aware that the law gives your parents the right to examine your treatment records. We may request an agreement from parents that they agree to give up access to your records. If they agree, we may provide them only with general information about our work together, unless we feel there is a risk that you will seriously harm yourself or someone else. In this case, we will notify them of our concern. We may also provide them with a summary of your treatment. Before giving any information, we will do our best to discuss the matter with you, if possible, and do our best to handle any concerns you may have.

### Health Coaching Services Release/Waiver

I have chosen to work with the Dr. Shafir and understand that the information received should not be seen as medical, nursing or counseling advice and is not meant to take the place of seeing a licensed health professional. It should be noted that Dr. Shafir has a doctorate degree in Counseling Psychology and is licensed as a professional counselor (LPC), and that while I am seeking Dr. Shafir's expertise as a health coach, Dr. Shafir is licensed to offer counseling services as well.

I acknowledge and take full responsibility for the my life and well-being, as well as the lives and well-being of the my family and children (when applicable), and all decisions made during and after these services. I understand that no promises have been made to me as to the results of health coaching services.

With a full understanding of the potential risks, I hereby assume the risks of participating in a health coaching session. I affirm that I alone am responsible to decide whether to practice health coaching. I hereby agree to irrevocably waive, release and discharge any claims and/or liabilities for death or personal injury or damages of any kind that I have now or hereafter may have against Dr. Shafir. I agree to not sue any of the persons or entities listed for any of the claims or liabilities that I have waived, released or discharged herein.

Please read the following and sign below:

- I acknowledge that I have received, have read (or have had read to me), and understand the information about the health coaching services I am considering. I have had all my questions answered fully, and agree to abide by the terms outlined above.
- I affirm that I have answered all questions pertaining to my medical conditions truthfully.
- I assume all risks of the recommendations made by my Dr. Shafir, including the risks of trying new foods or supplements, and the risks inherent in making lifestyle changes.
- I understand that using health coaching services at Wright Wellness is not a form of psychotherapy and that Dr. Shafir is acting as a health coach, not as a mental health therapist during health coaching sessions, and that I can stop services at anytime.

Name of Client: \_\_\_\_\_

Signature of Client: \_\_\_\_\_ Date: \_\_\_\_\_

Updated 3/8/21