

Nutritional/Lifestyle Coaching Agreement

Welcome to our nutritional coaching relationship! We look forward to serving you on your journey to better health.

Coaching is a co-created relationship in which together we develop strategies and direction specifically designed for you to achieve your nutrition and health goals. Below are a set of guidelines and explanations that better define our relationship. Please read, sign, and return to our office.

Nature of the Relationship

1. I fully understand that Tricia Cardone, CN is not a medical Doctor or practitioner and I am not here for medical diagnostic or treatment procedures.
2. The services performed by Tricia Cardone, CN are at all times restricted to consultation on the subject of nutritional matters intended for the maintenance of the best possible state of nutritional health and do not involve diagnosing, prognosticating or treatment of disease.
3. That I (The Client) am here, on this and any subsequent visit, solely on my own behalf.
4. I fully understand that if there are any supplement recommendations it is my (The Client's) responsibility to check with my (The Client's) MD or Pharmacist to make sure there are no contraindications with any prescription drugs that I (The Client) am taking.
5. I fully understand that any nutritional/lifestyle coaching is in no way to be construed as psychotherapy, psychological counseling, or any type of therapy. In the event the Client feels the need for professional counseling or therapy etc. it is the responsibility of the Client to seek a licensed professional.
6. I fully understand that the nutritionist is not a miracle worker and I (The Client) must do my part in changing my diet, limiting my stress, exercise daily etc. to see results. I understand that changing my diet and lifestyle takes time and results don't occur overnight.

In-Office/Phone Consultations

I will assess your diet, health history, lifestyle and goals in order to provide the best nutritional protocol for your needs. An eating and supplement plan will be customized for you with specific meal suggestions and general nutritional guidelines. Ultimately, the goal is to teach you how to make better eating choices and how to use nutritional supplements wisely so that you may live a happier and healthier life.

Exercise Program

I fully understand that if any type of exercise program is recommended, it is my (The Client) responsibility to seek the advice and approval of my (The Client's) physician before beginning such program.

General Questions

As questions arise, the Client may call or e-mail any questions. A response is generally given within 72 hours. All calls are limited to 10-15 minutes. If more time is needed we would be happy to schedule a formal phone consultation @\$45 per 30 minutes.

Payment Procedure

1. For all In-Office consultations, payment is due at each visit. We accept cash, checks and most credit cards.
2. For all Phone Consults, the client can go to our website at www.theroadtohealthyliving.com to make payment for desired phone consult time prior to our set appointment.
3. We do not take any insurance nor do we have access to CPT codes or diagnosis codes etc. We will, however, give the client a receipt so that the client can submit to the insurance company for possible reimbursement.

Cancellations

Aside from the occasional arising emergency, cancellations must be made 24 hours in advance or there will be \$50 cancellation fee.

We very much look forward to working with you and guiding you on your journey to optimal health.

Date: _____

Signature: _____

Name: _____

Street: _____

City: _____

State: _____ *Zip:* _____

Telephone: _____