

**HEALTH & WELLNESS CONSENT WAIVER**

Elke is a Certified Health Coach and does not dispense medical advice, nor prescribe treatments.  I understand that Elke is not a Medical Doctor and is not legally permitted to treat diseases, and is not a substitute for the diagnosis, treatment, or care of a medical provider.  She can, however, help me identify my nutritional and lifestyle imbalances, and give me guidance on how to maintain and build wellness.

Care during healthcare session is separate from care received from any medical facility and that the health coaching sessions are in no way intended to be construed as medical advice or care, and clients should continue to see their primary care Physician.

The client takes full responsibility for the client's life and well-being, and all decisions made during and after the duration of the client's coaching session.  The Client assumes the risks of nutrition coaching, including new foods, and the risks inherent in making lifestyle changes.

Payments are due at the time of service and there are no refunds of payments made to Elke.

I request that Elke help me set a program based on my nutritional and lifestyle needs for the purpose of enhancing my overall well-being.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Participant’s Signature Date

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Emergency Contact/ Relationship Phone Number