

## **Coaching Agreement**

### **The program includes:**

- Packages of 6 or more include
  - 1 90 minute foundation
  - Follow up sessions are 45 minutes with the last 5 minutes to wrap up/take  
aways
  - Spacing of the appointments is determined by client and coach in the  
foundation session
  - Sessions facilitate self discovery, discussion of client's goals and vision  
for optimal health, setting goals initiated by the client, and progress  
around or identification of new health goals, and client centered problem  
solving and solution finding.
  - Educational resources and information to support self discovery and  
eliminate knowledge gaps related to health goals, provided via email  
along with any notes taken by the coach and specifically requested by the  
client.
  - Text and email communication with questions or concerns between  
appointments, specifically to address follow up support regarding topics  
covered during sessions, with maximal time to respond being 48 hours.

### **Duration and scheduling**

The coach's goal is to help you become self-sufficient in being healthier and happier! Lifestyle changes can take up to 6 months to establish depending on how many factors are involved. Due to the nature and intent of the behavior and lifestyle changes addressed by health coaching, packages are encouraged to create consistency in the changes.

The time the client chooses will be the recurring time for the duration of the 3 month time slot - ie Sunday afternoons at 4 pm. If this cannot be done, then email me when you go to sign up. In the need for a cancellation or reschedule of the appointment, at least 48 hours of notice is requested or the client will forfeit that session at their cost. If the health coach should need to re-schedule, the same advance notice will be given.

Zoom will be utilized to maintain HIPAA compliance and appropriate accommodation will be made by the client to utilize this technology for the sessions and agree to be on time. AI training is NOT enabled on my zoom sessions. Being late more than 10 minutes will forfeit that session at their cost. \_\_\_\_\_ Initials

### **Payments and refunds**

Individual coaching sessions are billed at \$180 per 45 min session. When 6 or more sessions are purchased, the rate will reduce to \$115 per session. Payment is due at the time of service or when a package is purchased.

If session goes over more than 15 minutes, an overage charge of \$30 will be invoiced.

An invoice sent to client via email address provided on intake forms. Unfortunately at this time, these are not billable to insurance.

A credit card or bank account withdrawal will be required for payment of invoice will be due prior to the first session of the month, in monthly or one time installments per client's preference.

**Disclaimer of health care related services**

Health coaching is an adjunctive resource and as such the health coach is not intended to replace or act in the capacity of a licensed medical professional to give medical advice, diagnosis, recommendations, or development of a treatment plan. The client is encouraged to continue being treated with a team of healthcare professionals, understanding that coaching is not a replacement for a doctor visit, therapy, counseling, or care regarding diagnoses related to the scope of practice and care of a medical physician, mental health provider, or dietician. The health coach is not providing diagnoses, treatment, or care, to cure any disease related to medical, mental, or nutritional diagnosis. Ruth has her doctorate in physical therapy and therefore is able to provide musculoskeletal diagnosis and prescribe plan of care regarding exercise appropriate for a specific condition, in accordance with the jurisdiction and scope of practice under Oregon state licensure and scope of practice, where she is licensed. This means if a client is outside of the Oregon state, that any knowledge related to physical therapy scope of practice specifically, is legally only as good as a non-licensed professional and should as such be treated as a recommendation to discuss with client's in-state healthcare team, in addition to all other health coaching information.

If the health coach gains insight into a suspected disease, disorder, or condition, they will inform the client of this insight, but this does not serve as a conclusive determination or diagnosis and will be ultimately discussed with the client's licensed medical provider per the clients consent for release of information.

\_\_\_\_\_ Initials

**Personal responsibility and release of health care related claims**

Client acknowledges they will take personal responsibility for their life and well being, as well as their family and children (where applicable) and all decisions made during and after this program. They understand that the choices they make about their health are ultimately their own, and do not hold the coach liable or responsible for any actions or results of adverse situations directly or indirectly as a result of advice or referral given by the coach. They understand that coaching results are not guaranteed.

Client assumes the risks of the program whether or not the risks were created or exacerbated during the health coaching. Client hereby agrees to assume full responsibility for any manner of loss, injury, claim or damage whatsoever, known or unknown, incurred as a result of working with a health coach. The client releases the health coach and all associated parties including heirs, executors, administrators or employers for any loss, injury, claim or damage, directly or indirectly sustained as a result of attendance and participation.

I have read the above release and waiver of liability, and fully understand its contents and voluntarily agree to the terms and conditions stated. \_\_\_\_ Initials