



WAIVER AND RELEASE FOR WELLNESS COACHING

Nutrition and/or Fitness Disclaimer

Innovative Benefit Planning employs Registered Dietitians and Wellness Coaches, not Physicians. The scope of their coaching services does not include treatment or diagnosis of specific diseases, illnesses or disorders and is not a substitute for medical care. If you suspect you may have an ailment or illness that may require medical attention, then you are encouraged to consult with a licensed physician without delay.

The coaching session will provide information and guidance about health factors within your own control: your diet, nutrition, and lifestyle. Wellness coaching primarily educates and motivates clients to assume more personal responsibility for their health by setting goals, changing behaviors and adopting a healthy attitude, lifestyle, and diet. Examples of behavior change for enhanced health may include use of whole foods and/or dietary supplements, increased physical activity and enhanced emotional awareness. While people generally experience greater health and wellness as a result of embracing a healthier attitude, lifestyle, and diet, Innovative Benefit Planning does not promise or guarantee protection from future illness.

The advice given by Innovative Benefit Planning is solely based on the information you provide. It is your sole responsibility to provide complete and provide accurate information. Any misinformation, inaccurate or omitted information may affect the nutritional assessment and/or advice.

Nutrition and/or Fitness Assumption of Risk

You should consult a physician before undergoing any dietary changes and/or exercise plan. Any recommendations you follow, including but not limited to the use of food supplements or adoption of an exercise regimen, are entirely your responsibility.

Specific foods may create allergic and possible fatal reactions, most specifically, products containing nuts. Therefore, you are responsible for reporting any food allergies/sensitivities you are aware of.

Specific foods may also interact with certain medications. Such food reactions and the side effects of all of your medications should be discussed with your physician or pharmacist. Only a licensed physician can prescribe drugs. Any mention of drugs in the course of consultation is only for the purpose of providing a complete history of drugs that the client is taking and not to judge the appropriateness of the medication. Any change in prescription or dosage is a decision the client makes with his or her physician.

While medical research concludes that it is generally not necessary to see a health care provider before beginning every-day physical activities that are of light or moderate intensity, we encourage you to talk with your health care provider about your health and exercise as part of your



regular visits. You should understand when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in physical activity, you agree that you do so at your own risk, are voluntarily participating in these activities and assume all risk of injury to yourself. If you experience any symptoms of weakness, unsteadiness, lightheadedness or dizziness, chest pain or pressure, nausea, or shortness of breath, consult a health care provider immediately.

RELEASE OF LIABILITY

By participating in a wellness program under the direction of Innovative Benefit Planning, I hereby waive, release, and forever discharge Your employer, Innovative Benefit Planning, and each of their respective agents, heirs, assigns, delegates, contractors, employees, officers, members, managers, and directors from any and all responsibility and liability for injury or damages in any way arising out of or connected with my participation in wellness coaching activities. I understand that results are individual and may vary. I hereby expressly assume any and all risks of injury or damage and agree to hold your employer, Innovative Benefit Planning, and each of their respective agents, heirs, assigns, delegates, contractors, employees, officers, members, managers, and directors harmless for claims or damages in connection with our work together. I understand that I can revoke this authorization at any time; such revocation will result in the termination of my coaching engagement with Innovative Benefit Planning. I have read and understood all terms and provisions of this Waiver and Release for Wellness Coaching, and I agree to the liability waiver terms and conditions described herein.