

## **Wellness Images Client - Practitioner agreement for health / nutrition consulting services**

This agreement covers our functional health / nutrition consultation relationship, in which I work as a non-licensed practitioner. My full training disclosure can be found on the Wellness Images website here: [Elizabeth Eckert training disclosure](#). Key aspects of my training include a certificate in Functional Diagnostic Nutrition; Hair Tissue Mineral Analysis training with Dr. Rick Malter; and continuing education in nutrigenomics with Michael McEvoy, microbiome balance with Dr. Jason Hawrelak, and nutritional biochemistry with Dr. Brian Walsh. I have academic degrees in Energy Medicine, Psychology: Human Development, and Music. I have additional certificates in the allied health area in massage therapy and neuromuscular therapy and a broad base of other training in areas such as Tellington TTouch (for dogs and people), outdoor skills / philosophy of living with the earth with Tom Brown Jr's Tracker School, Koei-Kan Karate-Do, and project planning & execution. In addition, I am an avid researcher.

As my client, you agree by signing below that you acknowledge your responsibility for delivering any findings we may uncover to your primary physician for any medical interpretations or opinions that may be desired or warranted. I (Elizabeth Eckert) will offer a nutritional interpretation, which may be used by you as an educational tool for personal health purposes. I (Elizabeth Eckert) do not diagnose or treat any medical condition or disease, however the information revealed in our findings could be used by your physician to diagnose or treat disease. You acknowledge understanding that the nutritional and medical interpretations of any information we may uncover could be quite different.

As I am unable to diagnose or treat disease, it is unlikely that your health insurance will cover fees for any lab tests, consultation fees, or supplements. I am unable to provide the ICD-10 codes normally required for insurance reimbursement, as such provision constitutes a diagnosis. You are welcome to pursue reimbursement from your insurance provider or health savings account on your own.

### **Working relationship:**

1. We create individualized programs based on each person's needs. We run functional lab tests and then create a plan to bring your body to greater balance. The labs we utilize charge fees for their work; you are responsible for your lab fees. We also have two consultation types for which there are fees: one where we review lab test results and discuss program recommendations, and secondly progress checks. Consultation fees cover not only the actual time we spend together, but also the time I spend on your behalf preparing for our meetings, which in some cases is considerable. A third area of financial investment is any supplements or tools you may utilize in carrying out the program.
2. Upon making program recommendations in a consultation, I offer email support for a period of time in order to ensure that your questions about getting onto the protocol are answered. This generally extends to 4 weeks from the date of the consultation. Further recommendations after that point are generally best made in a progress check appointment.
3. The experience of pursuing a functional health protocol is to make progress toward state of greater resilience, energy, and body comfort. Despite research and experience, it is impossible to know in advance how any given person will respond in every situation. We will often tweak or optimize a protocol as it goes. This is one of the reasons for progress check appointments.

4. Another reason for progress check appointments is to coach lifestyle and mindset. There are often small shifts in your perspective or daily activities that can make life easier for you and increase the effectiveness of your program. New situations arise as you move forward. New habits take practice. We can work through these situations provided we are in communication with one another. Another way to say this is that if you do not avail yourself of the opportunity for lifestyle coaching, your program is likely to be less effective than if you participate.
5. The protocols I recommend are time-limited. Our goal is to create change. It is unwise to continue creating change indefinitely without assessing our progress. We periodically retest and re-assess.
6. I recommend progress checks and follow-up testing; it is your responsibility to schedule and pay for them. For most, it seems that progress checks twice a month at first and then decreasing to once a month is a good frequency. It's individual. You can register on the registration page.
7. When updating me on your progress (clinical / symptom information), please make every effort to communicate by email to this address: [healthylivingzone@gmail.com](mailto:healthylivingzone@gmail.com) . Clinical questions received by instant messenger or text message are disruptive and nearly impossible to track. Immediate logistical issues (Running late for an appointment; Do I send payment with the lab sample) are fine by whatever means works best. Please keep in mind that there are times when I shut off all incoming media (messenger, phone, email) for periods of time, and I expect that others do the same. We simply cannot think it's healthy to be available to the outside world 24/7. It is not.
8. I may make any number of suggestions in an effort to help you bring your health into balance. Not all of them will be a perfect fit. It's ultimately up to you to do consider the suggestions and make choices about which to implement and which to decline. However, if you are still symptomatic and have not yet found the time to consider the suggestions I've already made, please do so before asking me to recommend something else.

The information on my (Elizabeth Eckert's) print information and website is believed to be accurate, however as I am not the originator of the underlying data utilized, there are limits to my ability to verify accuracy.

The undersigned releases Elizabeth Eckert from any liability for injury or loss arising out of the use of, or reliance on, the laboratory results and/or the dietary, supplement, and lifestyle suggestions provided. Before making any changes to the diet, exercise, or nutritional supplementation of the undersigned, a physician should be consulted.

None of the information provided is intended to, cannot, and should not be expected to substitute for a personal consultation with your own physician. Further, the undersigned releases Elizabeth Eckert, her partners, representatives, and affiliates from any and all liability for failure to identify any medical condition or disease. It is understood and agreed that this is not the purpose of their services.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Print Name \_\_\_\_\_

*Revised March 31, 2020*