

WELLNESS COACHING CONTRACT

Patient Name: _____ Preferred Daytime Tel. _____
Preferred Eve. Tel: _____ Address: _____
City: _____ State: _____ Zip: _____ E-mail: _____
Date of birth: ____/____/____

I AM HAPPY THAT YOU ARE HERE! HOW EXACTLY DID YOU LEARN ABOUT ME (If another person referred you, please tell me their name so that I may thank them)

Please read carefully and raise any questions and concerns that you have before you sign it.

The service to be provided by the 'coach' Dr. John J. Collins, DC (Dr. John) to the 'client' or 'coachee' (write name here) _____ is phone-based, in-person and/or internet-based wellness coaching as designed jointly with the client.

Week 1-Initial wellness consultation and assessment: The initial 30 minute consultation. During this consultation all pertinent client information is collected, clarified and client's general goals are discussed.

Week 2- Report of Findings/Presentation of Wellness Plan: This consultation is also 30 minutes. It includes a review of 'what is' which establishes the current baseline. Then, the written wellness plan will be presented, discussed, finalized and agreed upon during this second 30 minute consultation.

Weeks 3-11: Nine, consecutive, ongoing, one-on-one, weekly coaching sessions of 15 minutes in length.

Week 12- Final assessment and conclusion of coaching (15-30 minutes): Coach and client review the positive changes and celebrate all of the positive results and lessons learned.

Fee: The fee is \$600 for the entire for entire 12 week program. \$200 is to be paid in advance with cash or a credit card. The remaining \$400 is paid (via auto-debit with credit card on file) on the 5th day of the next two subsequent months (\$200/month) unless an alternative arrangement is agreed to in writing. You may pre-pay in-full and receive a 10% discount. Pre-pay fee is \$540. (**special price during Newberg Trim Down Contest is: \$450 pre-paid) You must also pay for any other additional products/services at the time they are rendered/ordered. You are required to give 24 hour notice if you need to re-schedule an appointment, otherwise, it will NOT be made up. Dr. Collins shall reschedule sessions which are cancelled in a timely manner.

Wellness Coaching is NOT the same as full-scope Chiropractic Care!!

In addition to being a wellness coach, I am also a chiropractor licensed in Oregon with training and experience in diagnosing and treating health problems. While there are some similarities between wellness coaching and chiropractic care, they are different activities and it is important that you understand the differences between them. The major differences are in the goals, focus, and level of

professional responsibility. The sole focus of our wellness coaching is development and implementation of sustainable wellness beliefs and behaviors. Wellness coaching may address specific health symptoms or health conditions, but it does so indirectly. Wikipedia defines health coaching as follows: "Health coaching is a method of guiding others to address their health and, if need be, make behavioral changes to improve health...health coaches utilize goal setting, identification of obstacles, and use of personal support systems. The relationship between the coach and coachee is an accountability partnership focused on the overall health outcome goals as defined by coach and the coachee."

Chiropractic care is defined in Oregon as "(a) That system of adjusting with the hands the articulations of the bony framework of the human body, and the employment and practice of physiotherapy, electrotherapy, hydrotherapy and minor surgery. (b) The chiropractic diagnosis, treatment and prevention of body dysfunction; correction, maintenance of the structural and functional integrity of the neuro-musculoskeletal system and the effects thereof or interferences therewith by the utilization of all recognized and accepted chiropractic diagnostic procedures and the employment of all rational therapeutic measures as taught in approved chiropractic colleges."

This wellness coaching service is a limited-scope coach-coachee service and is not to be construed as a full-scope chiropractic care with a legal doctor-patient relationship. The sole purpose of wellness coaching is to improve wellness beliefs and behaviors and thereby, improve the client's health. The coach (even though he is a licensed doctor) is NOT responsible for establishing any diagnoses and no medical and/or health care "treatment" will be delivered.

Confidentiality: I will only release information about our work to others with your written permission or in response to a court order. We comply with all state and federal requirements for health care practices with respect to privacy and confidentiality.

Termination/Refunds: Either you or I may terminate this contract, in writing (or via email) at any time, for any reason. In the event that either party terminates this contract prior to completion the one-on-one time is tabulated at \$200/hour. The credit card on file will either be debited or credited accordingly. There will be no refunds for services already performed.

No Guarantee of results: I can't guarantee results due to subjective nature of long distance coaching. However, the coaching recommendations I make are scientifically-based and there is a high likelihood of positive results when client demonstrates strong compliance with the wellness plan.

John J. Collins, DC

I (client name) _____ have read the above. I understand the nature of this agreement and agree to the terms therein.

Signature: _____ Date: ____/____/____