



Healthy Family Formula

INFORMED. SUPPORTED. EMPOWERED.

HFF Scope of Practice Client Waiver

Currently, we are embarking on a much-needed new frontier of family healthcare, and with such a change requiring a drastic shift in how we view and address health challenges, we need to provide new definitions. Such is the case with family health coaching, for which current governing bodies do not have a clear definition or a process to assess this growing industry. Therefore, each academy or school that trains health coaches must create and provide their own definition of their training, clarify the duties of their health coaches, set and uphold the criteria required for their certification, and create a certification process for the health coaches they train and certify.

This document serves to provide clients with a clear understanding of the scope of practice, the goals for your consulting relationship, and what to expect from your HFF Family Health Coach Practitioner. Please read this document carefully and to the end and sign it before you begin the coaching process.

What HFF Family Health Coach Practitioners Do

- HFF Family Health Coach Practitioners provide suggestions, guidance, and recommendations based on their knowledge and personal assessment of their clients' individual situations
- HFF Family Health Coach Practitioners never claim to cure, treat, or diagnose disease, or to have the ONLY answers for clients but provide healing opportunities through information and support
- HFF Family Health Coach Practitioners do not prescribe any medication or supplement but may *suggest* supplements, herbs, natural compounds, lifestyle interventions, nutrition, or non-invasive natural treatments for the client's consideration

- HFF Family Health Coach Practitioners provide education and support to empower clients to make their own decisions, and any decision clients make regarding their own family's health is completely the client's responsibility
- HFF Family Health Coach Practitioners are not doctors nor do they claim to be and their role is drastically different
- HFF Family Health Coach Practitioners help clients to uncover the underlying causes of their health challenges and to provide opportunities to address those underlying causes

Your HFF Family Health Coach Practitioner's Goals

- HFF Family Health Coach Practitioners aim to provide opportunities for clients to reach their personal health goals
- HFF Family Health Coach Practitioners aim to provide clients with opportunities to dramatically improve or completely eradicate their symptoms and health conditions but do not claim to be able to produce any particular health outcomes
- HFF Family Health Coach Practitioners work with clients to improve all health conditions by providing opportunities to make the terrain (the body and environment) inhospitable to disease
- HFF Family Health Coach Practitioners aim for *healthcare* (not *sickcare*) and building whole-person health using precise, personalized strategies such as nutrients, nature, stress-reducing therapies, lifestyle interventions, and a mixture of functional principles and naturopathic methods
- HFF Family Health Coach Practitioners aim for root cause resolution and for clients to become empowered and in control of their own health

Although certified as an HFF Family Health Coach Practitioner, each HFF Family Health Coach Practitioner acts as an independent consultant, and the information and support they provide to clients is a culmination of their HFF training and the additional education they have received throughout their academic career. It is up to the client to ascertain whether or not their HFF Family Health Coach Practitioner's qualifications deem them capable of providing the services the client is seeking.

Consulting with your HFF Family Health Coach Practitioner **may include:**

- Initial intake (complete forms and initial consultation)
- Ordering and interpreting relevant testing
- Creating a testing and treatment budget
- Creating a suggested healing plan with the client as an integral part of the process
- Getting started on the plan with suggested actionable steps and healing opportunities
- Providing guidance and consulting throughout the process of implementing the plan
- Aiding in adjusting the plan and troubleshooting
- Providing further support and information and a sounding board for the client
- Helping clients to find additional supports such as therapists and other healthcare professionals to become part of the client's healthcare team



DECLARATION

I, _____ (Client's Name), understand the scope of practice of my HFF Family Health Coach Practitioner (trained through the Healthy Family Formula Professional Health Coaching Academy), _____ (Practitioner's Name), as outlined above and hereby declare that I am responsible for any and all decisions I make regarding my health and the health of any family members under my care for which my HFF Family Health Coach Practitioner and I have been consulting. I understand that my HFF Family Health Coach Practitioner acts as a consultant only and that their scope of practice allows them to inform and support me and my family toward better health but that their information, healing opportunities, and support in no way act as a clinical diagnosis or medical advice.

By signing this document, I hereby declare that I will not hold my HFF Family Health Coach Practitioner liable for any ill effects I or my family members might have due to the course of action I choose to take regarding the consulting or input I receive from my HFF Family Health Coach Practitioner. I take full responsibility for the actions I take regarding the coaching and support that I receive from my HFF Family Health Coach Practitioner.

(Client Name Printed)

(Client Signature)

(Date Signed)