

OptiHealth TLC Program

Action Stage Registration

Consent to Participate & Release of Liability

Carefully read this document. If you agree to participate in The OptiHealth TLC Program (the Program) on the terms and conditions as specified below, simply sign and submit the form at the end of this document (p4).

Program Description - The OptiHealth TLC (Therapeutic Lifestyle Change) Program is a free Bible-based educational and personal support service. It is not medical treatment. The purpose of the Program is to help you achieve your healthy-lifestyle goals by utilizing and growing your Christian faith. The Program focuses on practical health habits and is designed as a self-directed process.

OptiHealth Coaches - The OptiHealth TLC Program is facilitated by certified OptiHealth Coaches. As a participant in the Program you have a personal OptiHealth Coach for guidance and accountability. Most of our Coaches are not licensed health professionals, but all of them are Christians who have completed the Program for themselves and have completed the Lifestyle Therapy Coach Certification Course through the OptiHealth Institute.

Program Resources - The OptiHealth TLC Program includes free access to the online Action Stage resources, which feature a variety of educational materials, including factual information on nutrition, exercise, and therapeutic lifestyle change that is supported by scientific studies published in peer reviewed journals. The health principles and practices emphasized in the Program include teachings from the Bible and the inspired writings of Ellen G. White, which have been tried, tested, and proven by Christians around the world over the past 150 years.

Program Components - Each component of The OptiHealth TLC Program is optional for each participant to choose, but a comprehensive approach that includes all the components is strongly recommended:

- **Faith Component** - The Program explores the spiritual dimension of therapeutic lifestyle change and self-care through the study of biblical doctrines related to spiritual growth, overcoming unhealthy habits, making healthier choices more consistently, and dealing with temptation.
- **Habit Component** - The Program promotes the health benefits derived from healthy personal habits (behaviors) regarding: sleep, work, relationships, recreation, entertainment, and others that are enhanced by developing skills for better self-control.
- **Fitness Component** - The Program recommends a gradual increase in daily physical activity to a minimum of 150 minutes of exercise per week. Exercise recommendations are personalized and based on a standard fitness assessment. Overweight and obesity are determined using Body Mass Index and Waist-to-Height Ratio.
- **Nutrition Component** - The Program recommends improving nutritional status by choosing more whole plant foods, which are higher in nutrients and lower in calories, as well as choosing fewer highly processed and high calorie foods. The Program does not mandate a specific diet.
- **Emotional & Relational Components** - The Program adds these important aspects of personal health and wellbeing after establishing a foundation on the other components and are optional.

Purpose - The OptiHealth TLC Program is for informational purposes only. It is not intended to provide medical advice. It should not be used to diagnose or treat any illness, metabolic disorder, disease, or health problem.

The OptiHealth Network and its volunteer Coaches do NOT advocate any extreme dietary practices, and we do NOT promote dietary supplements, vitamins, minerals, or herbal formulas. We also do NOT provide or

advocate any alternative health care, such as: message, hydrotherapy, charcoal, poultices, enemas, light therapy, hyperbaric oxygen therapy, or any other non-conventional, unproven, or controversial procedures.

The purpose of the Program and its scope of services are intended to help individuals make better health choices for themselves regarding their personal daily health-related behaviors, such as: food choices, eating patterns, physical activity, sleep patterns, and "temperance (self-control) in all things."

Temperance is defined as **self-control** for the total avoidance of harmful substances and activities, and moderation in healthy substances and activities for balance, healing, and development of body, mind, and spirit. We also recognize temperance as a **fruit** (result) of the indwelling workings of the Holy Spirit (John 15:5, Galatians 5:22-25).

Program Integration - The Program expects and encourages you to consult your physician before beginning any exercise, weight-loss, or major lifestyle change. Participation in the Program is at your sole discretion after considering the personal risks and benefits of each choice.

Program Utilization - The Program is free. The online and live seminars are developed by a variety of Christian health professionals, and your personal Coach is a trained and certified Christian health ministry volunteer. As a participant in the Program, you are urged to do your due diligence in evaluating the content and delivery of the information and services and to use your best judgement accordingly.

Personal Responsibility - Although every effort is made to provide accurate and appropriate health information, this information is for the general public, and therefore it cannot be guaranteed as "safe and effective" for each and every individual. Our Program is designed to be modified for personal application based on your health status and lifestyle goals in cooperation with your personal physician.

Good Faith - All the services provided and supported through the Program are offered in good faith with the prayer that God will use the information for His purpose and glory. Each affiliated volunteer and health professional has been vetted to be reliable and ethical, however, the OptiHealth Network and all its affiliates shall not be held liable for improper or incorrect use of the information described or contained herein. Participants utilizing the Program are expected in good faith to use the information for their own best interest.

Prescription Medication, Dietary Supplements, Vitamins, Minerals, Herbs - The Program does not recommend or condemn prescription medication in the treatment of lifestyle-related chronic disease. In addition, we do not recommend, endorse, or sell any dietary supplements, vitamins, minerals, or herbal products. Medical treatment and the use of Rx and OTC medication is between you and your health care provider.

Medical Conditions - The Program does not involve diagnosis, treatment, or advice regarding any medical condition other than a general state of decondition, overweight, and obesity. All acute and chronic medical issues should be addressed to and managed by your qualified and licensed physician.

Medical Supervision - If you have a medical condition, you should participate in the Program only with the permission and understanding of your health care provider. Dietary changes, increases in physical activity, and weight loss often result in changes in disease states that require adjustment in medication type or dosage. All participants are encouraged to maintain close communication with their health care provider while participating in the Program.

Community Outreach - Sharing your outcomes from your TLC Program with your family, friends, neighbors, co-workers, and especially your physician and other health care providers will help them become aware of and more confident in the availability and value of science-based, self-directed therapeutic lifestyle change support

services to which your contacts may want to participate themselves or refer their contacts or patients who could also benefit.

Personal Statement of Acknowledgment

Cost - I understand that the Program is free, and that I will not be required to make any donations (although donations are accepted). Access to the website is free and all Program materials are available online as free downloadable PDF's that I may print for my personal use.

Privacy - I understand that the effectiveness of the Program greatly relies upon accurate personal information regarding my health beliefs and daily habits, especially my faith, exercise, and nutrition. I also understand that I will need to accurately record certain behaviors on my personal TLC Score Cards and that I will need to report the results each week during my Action Stage and each month during my Maintenance Stage. I give permission to the OptiHealth Coaches to review my reports and to offer recommendations based on my progress. I have also reviewed the OptiHealth Choices' **Privacy Policy**.

Use of Data - I give permission for the OptiHealth Network to enter my demographic data and progress reports into a research database for the purpose of evaluating faith-based therapeutic lifestyle change (refer to item below). I understand that this information will only be used in summary form. I understand that NONE of my personal identifying information, such as: my name, email, phone number, or any other specific identifying data will be included in any report or published in any manner. My identifying information will not be sold or given to any other individual or organization, and that my right to privacy will be protected.

Data Collection - I understand and agree to participate in the collection of research data derived from my participation in the OptiHealth TLC Program. I have provided an active personal email address that the OptiHealth Network may use to contact me for the purpose of gathering pertinent information for their on-going Research Project. I understand that I am obligating myself to complete **1 Intake Survey, 1 Transition Survey** (between my Action and Maintenance Stages), and **1 Exit Survey**, and that each survey is an online questionnaire for me to complete in private at my convenience as accurately as possible to the best of my ability, and that each survey may take up to 30 minutes to complete.

Photographs, Videos, and Audio Recordings - I understand that I may be asked to be photographed or audio-recorded during individual appointments or group activities, and that the photographs or recordings may be used for therapeutic and/or promotional purposes. Unless I refuse in real-time, I understand that I consent (by default) to be photographed or recorded.

Settling of Disputes - In the event of any dispute with the OptiHealth Network or any of its agents, I agree to forego litigation of the dispute and shall submit the dispute to binding mediation. The selection of a mediator shall be mutually agreed upon by me and the OptiHealth Network. Mediation shall be governed by the laws of the state or country in which the Program was conducted and in which the dispute arose. The fee for the mutual private mediator shall be split equally and paid by both parties.

Informed Consent - I understand that the dietary and physical activity recommendations of the Program are of a general nature to promote good health and reduce the risk of disease and death. Although I am attempting to achieve better health by participating in the Program, I realize I could still get sick, aggravate a preexisting medical condition, experience a personal injury, or die during my participation in the program.

Parent or Legal Guardian - If I am a Legal Guardian of a minor (12-17 years old) who I believe would personally benefit by participating in their own OptiHealth TLC Program under my direct and immediate (close) supervision. I accept responsibility on their behalf and have identified the Minor below as the Participant and myself as the Legal Guardian.

Opportunity - I have been given a full and adequate opportunity to ask questions and obtain a full and complete explanation of the risks of the nutrition and physical activities recommended by the Program. I also understand that I may quit the Program at any time for any reason without penalty. I have decided that I want to participate in the self-directed OptiHealth Therapeutic Lifestyle Change (TLC) Program.

Release of Liability - On behalf of my heirs, successors and assigns, I herewith release the OptiHealth Network, the OptiHealth Coaches, and the local churches (or other facilities) that may host in-person Program activities, including: the pastor, staff, all church members, and any other volunteers who help deliver the Program, from any and all liability for the development of any new illness, aggravation of any disease or condition I now have, personal injury, or other claims arising out of my voluntary participation in The OptiHealth TLC Program, EXCEPT for any outcome that results from a willful and malicious action by personnel connected with the Program or the OptiHealth Network.

Authorization - I, the under-signed, am over 18 years old, and I desire free access to the Action Stage resources to start My Therapeutic Lifestyle Change Program facilitated jointly through OptiHealth Network, my certified OptiHealth Coach, and the local churches or other organizations that host in-person optional activities open to me as a local participant in my own Program.

*** Indicates a Required Field**

Name of Participant: *

First: _____ Last: _____

Are you ready to start your Therapeutic Lifestyle Change by Faith? *

_____ Yes, please give me free access to the Action Stage resources for me to start my Therapeutic Lifestyle Change.

Email: * _____

The Name of your OptiHealth Coach: *

First: _____ Last: _____

If the Participant identified above is a Minor (12-17 years old):

Name of Legal Guardian:

First: _____ Last: _____

Email of Legal Guardian:

Email: * _____

Signature: _____ Date: _____