

# Foundational Wellness Coaching

## Terms & Conditions of Purchase

By purchasing the Foundational Wellness Coaching Program through Abby Elizabeth LLC, you acknowledge that you have read, understood, and agree to the following Terms & Conditions.

## Program Overview

The Foundational Wellness Coaching Program is a 3-month coaching program designed to provide education, accountability, support, and guidance in developing sustainable lifestyle habits.

The program includes:

- One (1) 60-minute initial coaching session
- Five (5) 30-minute bi-weekly follow-up coaching sessions
- Off-week messaging support through the online coaching platform
- Access to the online coaching platform/app during the program
- Education, goal setting, accountability, and lifestyle coaching

## Coaching Services

This program is educational and supportive in nature. Coaching focuses on areas such as:

- Nutrition and healthy lifestyle habits
- Hydration
- Sleep
- Stress management
- Movement and exercise habits
- Habit formation
- Accountability
- Identifying lifestyle factors that may be preventing progress
- Support implementing recommendations or protocols from your licensed healthcare provider, practitioner, or other qualified wellness professional

Health coaching does **not** diagnose, treat, prescribe, or cure medical conditions.

## Not Medical Care

Abby Price is an Integrative Health Practitioner and Certified Health & Wellness Coach. Coaching services are educational in nature and are not intended to replace medical care provided by a physician or other licensed healthcare provider.

Clients should continue working with their healthcare providers regarding diagnoses, medications, treatment plans, laboratory testing, and any medical concerns.

## Client Responsibility

Results depend largely on each client's consistency, participation, and willingness to implement recommendations.

By enrolling, you agree to:

- Participate honestly and actively.
- Complete agreed-upon action steps.
- Attend scheduled coaching sessions.
- Communicate openly regarding challenges or concerns.
- Understand that no specific health outcomes or results can be guaranteed.

## Scheduling

Appointments are scheduled in advance through the online coaching platform.

Clients are responsible for scheduling their sessions within the 3-month coaching period.

## Cancellation & Rescheduling

Please provide at least **24 hours' notice** if you need to cancel or reschedule an appointment.

Appointments cancelled with less than 24 hours' notice or missed without notice may be considered completed and are not guaranteed to be rescheduled.

Exceptions may be made for emergencies at the discretion of Abby Elizabeth LLC.

## Messaging Support

Off-week messaging support is intended for brief questions, accountability, encouragement, and clarification regarding coaching recommendations.

Messages are typically answered during normal business hours within **1–2 business days**. Messaging support is not intended for urgent medical concerns or emergencies.

## Program Expiration

The coaching program begins on the date of the initial coaching session and expires three (3) months later.

Any unused coaching sessions or messaging support expire at the end of the program unless otherwise approved in writing.

## Continuing Coaching

Lifestyle change is an ongoing process, and many clients benefit from continued coaching beyond the initial three months.

Clients who wish to continue receiving coaching, accountability, and support may:

- Purchase an additional 3-month Foundational Wellness Coaching package
- Purchase individual coaching sessions

Please note that the introductory program price is available only for the initial purchase. Renewal packages and individual coaching sessions will be charged at the pricing in effect at the time of purchase. Prices are subject to change without notice.

## Payment

Full payment is required before the program begins unless a written payment arrangement has been agreed upon.

Failure to complete scheduled payments may result in suspension of coaching services until the account is brought current.

## Refund Policy

Because coaching time, scheduling, and resources are reserved specifically for each client, all coaching purchases are **non-refundable**.

If a client chooses to discontinue participation before the completion of the program, no refunds or credits will be issued for unused sessions.

## **Confidentiality**

All personal information shared during coaching sessions will be kept confidential except where disclosure is required by law or where there is concern for the safety of the client or others.

If you are working with another healthcare provider, practitioner, or wellness professional as part of your care, you authorize Abby Elizabeth LLC to communicate and share relevant information related to your coaching progress, goals, recommendations, and implementation of your care plan when it supports continuity of care. This collaboration is intended to help ensure you receive coordinated, comprehensive support.

Only information reasonably necessary to support your care will be shared. If you are not working with another provider or do not wish for information to be shared, your coaching information will remain confidential except as otherwise required by law.

## **Limitation of Liability**

The client understands that participation in health coaching is voluntary and assumes full responsibility for all health and lifestyle decisions.

Abby Elizabeth LLC shall not be held liable for any injuries, damages, losses, or adverse outcomes resulting from participation in coaching services or from implementing lifestyle recommendations discussed during coaching.

## **Agreement**

By purchasing the Foundational Wellness Coaching Program, you acknowledge and agree that:

- You have read and understand these Terms & Conditions.
- You understand that health coaching is educational and is not medical treatment.
- You are responsible for your own health decisions and participation in the coaching process.
- You understand that results vary from person to person and cannot be guaranteed.
- You agree to these Terms & Conditions as a condition of participation in the Foundational Wellness Coaching Program through Abby Elizabeth LLC.