

# Mattoon Area Family YMCA



## Nutrition Coaching Interest Packet

Please fill out the information in this packet and return as soon as possible to the YMCA Welcome Desk. The information requested in this interest packet is necessary for the YMCA and Sarah Bush Lincoln to provide you with the safest program possible.

Nutrition Coaching is by appointment only. You will be contacted within 1 week to schedule.

Nutrition Coaching is provided by Michelle Schultz, RD, LDN from the Center for Healthy Living at Sarah Bush Lincoln Health System.

## Personal Contact Information

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Name: \_\_\_\_\_

Primary Phone: \_\_\_\_\_ (home/cell/work) Best time to call: \_\_\_\_\_

Secondary Phone: \_\_\_\_\_ (home/cell/work) Best time to call: \_\_\_\_\_

Birth date: \_\_\_\_\_ M/F: \_\_\_\_\_

Personal Physician: \_\_\_\_\_ Phone: \_\_\_\_\_

### Person to contact in case of an emergency:

Name: \_\_\_\_\_

Phone: \_\_\_\_\_ (HM/WK) Relationship: \_\_\_\_\_

Meeting time preferences: \_\_\_\_\_

## Medical Information

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Please list any medical information you feel would be helpful for the dietitian to know:

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What do you hope to gain from the coaching session? What are your goals?

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## Available Packages:

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The YMCA offers two packages for nutrition coaching. **Sessions must be paid for prior to consult.** Sessions will be between 30-60 minutes and will take place at the YMCA. You and the registered dietitian will determine the day and time of your sessions.

To maximize this service, packages must be used within the designated time frames.

### Single Session Nutrition Package:

**\$55** (Must be used within 30 days of purchase)

- o This package includes 1 meeting to evaluate your current nutrition habits. Recommendations will be provided that will assist you in reaching your health goals. Session will be tailored to meet your individual needs.

### 4 Session Package: 4-Session Package

**\$210** (Must be used within 90 days of purchase)

- o This package offers increased accountability and support, as you will have 4 sessions with the dietitian. Each meeting will be tailored to assist you in strengthening your nutrition habits. Recommendations will be provided at each session to push you towards meeting your health goals.

## Medical Consent

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I give consent to Sarah Bush Lincoln, employee Michelle Schultz, RD, LDN to provide Nutrition Coaching to myself or the client for which I am legally responsible. I acknowledge that I am aware that Michelle Schultz is a Registered Dietitian and not a medical doctor and does not diagnose disease. Methods of nutritional evaluation made available to me are not intended to diagnose disease. Rather, any assessment is intended as a guide to developing an appropriate health-supportive program for me, and to monitor my progress in achieving my goals.

I also acknowledge that I have been advised that I should consult a Physician before undergoing any dietary or food supplement changes. I also affirmatively state that I have disclosed any and all known medical conditions, medications I use, and any significant personal or family medical history. Medical records and personal information and history divulged during nutrition coaching sessions will be kept confidential. Any recommendations that I follow for changes in diet, including but not limited to the use of food supplements, are entirely my choice and my responsibility. I am knowingly assuming any risk associated with nutritional coaching.

I agree to hold Sarah Bush Lincoln and the Mattoon Area YMCA harmless for claims or damages in connection with our work together. This is a contract between myself, Sarah Bush Lincoln, and the Mattoon Area YMCA and I understand that it is also a release of potential liability.

\_\_\_\_\_  
(Participant Name)

\_\_\_\_\_  
(Signature of Participant or Legal Representative)

Date: \_\_\_\_\_

\_\_\_\_\_  
(Witness)

Date: \_\_\_\_\_

## Nutrition Coaching Cancellation and Expiration Policy

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If for any reason you must reschedule a consult with the Registered Dietitian you must contact Michelle Schultz at Sarah Bush Lincoln **(217-258-2552)** at least 24 hours before your scheduled consult. If you do not give 24 hours of notice when canceling, you may be charged the full price for that session.

Nutrition Coaching sessions have established expiration dates from date of purchase based on the quantity. Any sessions not used within the allotted time frame are no longer able to be redeemed.

I, \_\_\_\_\_, have read the Nutrition Coaching Cancellation and Expiration Policy. I understand the policy and understand I may be charged for improperly canceled consults and my consults will expire 30-120 days from purchase depending on the quantity.

\_\_\_\_\_  
(Signature of Participant)

Date: \_\_\_\_\_