



# CONTRACT FOR SERVICES

Acknowledgement and Consent to Receive Consulting Services:

Thank you for choosing Fitfuel Performance Nutrition, LLC.

I \_\_\_\_\_ [insert client's name], understand that the FitFuel Performance Nutrition, LLC ("FitFuel") is served by Lauren Story M.S., Sports Nutrition, NASM-FNS, CISSN. Lauren is a certified sports nutritionist and nutrition educator and does not dispense medical advice nor prescribe medical treatment. Rather, she provides education through FitFuel to enhance my knowledge of health as it relates to foods, dietary supplements, and behaviors associated with eating to support optimum sports performance. While sports nutritional support can be an important compliment to my sports achievement and even to my medical care, I understand sports nutrition counseling is not a substitute for the diagnosis, treatment, or care of disease by a medical provider.

Nutritional evaluation or testing provided in counseling is not intended for the diagnoses of disease. Rather, these assessment tests are intended as a guide to developing an appropriate sports-centered, health-supportive program for me, and to monitor my progress in achieving my goals. The information received cannot replace the advice or treatment of a qualified health care practitioner. I understand it is my responsibility to maintain a relationship for my child or myself with a medical doctor or licensed health care provider and that I have been advised to discuss the recommendations with such health care provider. I hereby certify that I fully understand and accept the above information, and agree to ask for clarification on any information I do not understand during or after the consulting session. I agree to disclose all known medical conditions and have answered all questions openly and honestly. I agree to keep FitFuel informed of any future changes in my medical conditions and treatments.

I understand that Fitfuel will keep therapy notes as a record of our work together. These notes document the topics that we talk about, interventions used, and treatment strategies or any other considerations that may be helpful to my work with her. Records will be stored in a secure location.

Medical records, personal information and history divulged in session to Fitfuel will be kept strictly confidential unless I consent to sharing my medical and nutritional information by way of a signed release.

I acknowledge that I have read and understand the HIPAA privacy agreement found at fitfuel.com or as provided by Fitfuel in hard copy form. FitFuel does not offer any guarantee of success, definitive changed behavior or increase in profit. Since I accept full responsibility for my decisions, Fitfuel is not liable for medical complications or loss of income/profit. I agree to hold Fitfuel harmless for claims or damages in connection with our work together. This is a contract between me and Fitfuel, and I understand that it is also a release of potential liability.

While it is understandable that emergencies arise that may prevent me from attending my specified appointment day and time, I understand that Fitfuel has a 24-hour cancellation policy, and I am aware that I will be charged a follow up fee **[(insert amount)]** for a missed appointment if proper notice is not

given (by phone or email). This same integrity is in effect for Fitfuel. Should Fitfuel ever have to cancel within 24 hours of the appointment, my next follow up appointment is free.

I recognize that unfortunately, most insurance companies do not cover nutrition appointments, even when they are doctor-prescribed. Hopefully, this will change in the future but as such, FitFuel is unable to bill insurance for my services. Payment is required at the time of service. Cash, check and PayPal are accepted. FitFuel can provide me with an invoice that I may submit to your insurance company, health savings account, or flexible spending account.

Sports nutrition counseling services may be terminated at the discretion of Fitfuel. In such event, if possible, FitFuel will provide a listing of referrals for continuity of care. Any monies collected for services not yet rendered will be returned.

Privacy:

Fitfuel does not discuss your personal information to others, unless it is necessary to obtain advice from other nutritionists or health care practitioners on your condition in order to better assist you. No names, phone numbers, or addresses will be released unless permission is granted by you.

Signed: \_\_\_\_\_ Date \_\_\_\_\_  
(client/parent/conservator/guardian)