

Sterling Hart, ND

Informed Consent & Policies for Nutritional Consultations

Informed Consent

I acknowledge that Sterling Hart, Doctor of Naturopathy (ND) is not a medical doctor. I understand that Sterling Hart is qualified to provide nutritional and other health-related information to help me attain and maintain my best health. Sterling Hart will help me in determining which nutrients my body needs bolstered. All information is designed to help me move towards my best state of health through lifestyle, exercise, health habits and advanced nutrition.

I understand that I am responsible for my own health, healing and well-being. I also understand I have the ability to heal myself. I further understand naturopathic coaching is not a substitute for adequate medical care and I intend to remain under the care of my primary healthcare provider.

I understand that Sterling Hart, ND does **not** diagnose, treat, or claim to cure cancer or any other disease. I understand that she does not and cannot guarantee any cure or particular outcome for me.

I understand my identity and any information about me, whether I share it with Sterling Hart, ND or she discovers it on her own, will be held in the strictest confidence, except when released by me or specifically required by law. I have the right to waive this confidentiality agreement in whole or part at any time.

I agree to settle any disagreements I have with Sterling Hart, ND and if this is not possible, then I agree to turn our concerns over to the Natural Therapies Association of North America to mediate an agreement acceptable to both myself and Sterling Hart, ND.

I understand Sterling Hart, ND charges a fee payable by cash, money order or check at the time services are delivered. I also understand she does accept credit cards and debit cards. In the event my check is not honored by her bank, I agree to pay an additional fee (\$40) for this inconvenience.

Fee Schedule

Office visit fees range from \$50 to \$150/hour. Initial visits are typically 90 minutes during which recommendations are made based on a thorough review and assessment of your nutritional concerns. In addition, QRA kinesiological testing may be used to help identify specific needs and interference fields. Follow-ups are usually recommended at 2-4 week intervals in the beginning, and 4-8 when maintenance is established.

Quick Check

You may choose to have a "Quick Check", a 15-20 minute session; charged at \$45 per session.

Telephone Questions/Consultations

We would prefer that people call with questions rather than leave them unanswered. There is no charge for any call to clarify instructions given at a previous visit.

Questions and consultations that cover new material, require new information, or take an extensive amount of time to answer are essentially substitutes for office visits. These will be billed at a minimum of \$45, and may be billed at the same rate as the visit for which they substitute.

Discounts

As recovery is a process, we strongly encourage clients to commit to a series of visits. Our success rate is much higher for clients who do so. *To that end, we offer a 10% discount on prepayment of five or more visits.*

Cancellation Policy

Welcome to **Core Wellness, Inc.** We are so pleased to have you as a client and look forward to seeing your health, well-being and quality of life improve.

We know that your time is valuable and hope that you consider the same for us. For this reason, we aim to start and end all sessions on time. If you are late for your appointment, please note that it will still end on time.

Please note that we work on an appointment basis only. Thus, it is important for us to have a strict cancellation policy; especially because certain time slots have a waiting list.

Below is our 48-hour cancellation policy:

We reserve the right to charge a \$50 fee for cancellations made less than 48 hours before the appointment, and to charge for the full anticipated amount of a visit if you do not come or call to cancel.

Please keep in mind that your cancellation could be someone else's treatment!!

I have read and understand the above policies and I agree to all the terms and conditions. I hereby consent, authorize and request Sterling Hart, ND to help me learn to heal myself using the natural healing techniques in accordance with her expertise.

I am over the age of 18, or legally allowed to sign for the undersigned minor. I am here on this day and any subsequent visit, solely on my own behalf and not as an agent for federal, state or local agencies on a mission of entrapment or investigation.

Signature

Printed Name

Today's Date