

Teletalk Lifestyle Coaching - Client Agreement Disclaimer

I understand that the services provided by Teletalk Lifestyle Coaching are intended to support and guide me in achieving personal wellness and lifestyle goals. These services may include, but are not limited to, coaching related to stress management, nutrition, physical activity, sleep, and general well-being.

I acknowledge and agree to the following:

1. **Non-Medical Services:** I understand that Teletalk Lifestyle Coaching does not diagnose, treat, or cure any medical or mental health condition. The coaching services offered are not a substitute for medical, psychological, or other professional healthcare advice, diagnosis, or treatment.
2. **Consultation with Medical Professionals:** I agree to consult with my physician or qualified healthcare provider before making any changes to my health routines or treatments as a result of coaching sessions.
3. **Client Responsibility:** I accept full responsibility for my own health and well-being, and for all decisions, actions, and outcomes resulting from my participation in coaching.
4. **Limitation of Liability:** I release, waive, and discharge Teletalk Lifestyle Coaching and its representatives from any and all liability, claims, demands, or causes of action that may arise from my participation in coaching services.

By signing below, I acknowledge that I have read, understood, and agreed to the terms of this disclaimer.

Client Name: _____

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Signature: _____

Date: _____