

# Working Together Online: A Guide to Your Virtual Care

## What is Virtual Health Coaching?

Virtual health coaching is a way for us to work together on your wellness goals using video calls, emails, and messaging. It allows you to get expert support from the comfort of your own home, making it easier to fit healthy changes into your busy life.

## Why This Matters For You

- **Support Wherever You Are:** You can access specialized health coaching even if you don't live near a clinic.
- **A Complete Care Team:** You get the best of both worlds—expert functional health education from me, plus the physical care you receive from your local doctor.
- **Clear Boundaries:** Knowing how and when we communicate ensures you always feel supported without any confusion about who to call in an emergency.

## What You Can Do Today

1. **Keep Me Posted on Your Location:** The law says that health coaching happens "where the client is standing." If you go on vacation or move to a new state, please let me know before our next session so I can make sure I am following the rules of that area.
2. **Stay Connected with Your Local Doctor:** I am your partner in health education and lifestyle "optimization," but I am not your primary care physician. It is important that you keep a local doctor for physical exams, emergency care, and routine screenings.
3. **Use the Secure Portal:** To keep your information private and safe, please use our secure messaging system for questions. I typically check these messages once a day and will get back to you within 24 to 48 hours.

## Questions to Discuss with Your Practitioner

- "How should I share the notes from our sessions with my local primary care doctor?"
- "If I have a question about my supplement plan between sessions, what is the best way to reach out?"
- "Are there any specific home tools (like a blood pressure cuff or a sleep tracker) that would help us track my progress better?"

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