

Our Partnership: Understanding How We Work Together

What is Functional Health Coaching?

Functional health coaching is a partnership focused on finding the "root causes" of why you feel the way you do. Instead of just looking at symptoms, we look at your whole life—like your food, stress, and sleep. My goal is to **educate** and **support** you so your body can function at its very best.

Why This Matters For You

- **A Clear Safety Net:** You get the best of both worlds. I focus on your lifestyle and wellness, while your regular doctor focuses on medical care. This "team approach" keeps you safe and well-supported.
- **Your Privacy is Protected:** We use secure, private tools to keep your health information safe. Just like a doctor's office, your personal details are for your eyes and mine only.
- **Honest Communication:** By using clear forms and "Informed Consent," you will always know exactly what we are doing, why we are doing it, and what to expect as your body begins to balance out.

What You Can Do Today

1. **Read and Sign Your Welcome Forms:** These documents (like the Informed Consent) aren't just "legal paperwork." They are designed to help you understand our roles and how we will work together to reach your goals.
2. **Keep Your Doctor in the Loop:** Functional health works best when everyone is on the same page. Always keep your primary doctor informed about the lifestyle changes or supplements we discuss.
3. **Use the Secure Client Portal:** To keep your information private, please send all health-related messages through our secure app rather than standard email or text.

Questions to Discuss with Your Practitioner

- "How can I explain what we are doing to my primary care doctor so they can support me too?"

- "If I have questions about a specific supplement or lab test, what is the best way to ask you through the secure portal?"

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