OPTAVIA™ COACHING GUIDELINES

As an OPTAVIA Coach™, you have the privilege of supporting Clients along their journeys to Optimal Health™. Your interactions with Clients and Candidates, (including all written and verbal, remote/virtual, and in-person communications) are driven by certain guidelines, outlined in this document. As you ask curious questions and learn more about each individual, it’s important to understand your role as their Coach.

OPTAVIA Coaches Can:

• Provide guidance and encouragement related to OPTAVIA program meal plans, product choices, exercise, and general direction to Clients for lifelong transformation.
• Provide one-on-one support to Clients as it pertains to the Habits of Health System.
• Engage and encourage Client participation in the OPTAVIA Community, which includes support activities (i.e. calls, webinars, events, etc.).
• Inform Nutrition Support of adverse reactions to program and/or products (e.g. if a client is hospitalized etc.).

OPTAVIA Coaches Should Encourage Clients to Seek Professional Support For:

• Specific medication adjustment recommendations.
• Specific medical recommendations.
• Specific exercise program prescriptions.
• Specific behavioral counseling related to psychological/psychiatric issues, including but not limited to: anorexia, bulimia, binge eating disorder, depression, anxiety, marital problems, emotional issues (e.g. trauma, grief, and hopelessness), etc.
• Providing medical nutrition therapy as defined by the Academy of Nutrition and Dietetics:  
  » Medical nutrition therapy (MNT) is an evidence-based application of the Nutrition Care Process. The provision of MNT (to a patient/client) may include one or more of the following: nutrition assessment/re-assessment, nutrition diagnosis, nutrition intervention and nutrition monitoring and evaluation that typically results in the prevention, delay or management of diseases and/or conditions. (Scope of Practice subcommittee, 2012)

Please note: An OPTAVIA Coach’s guidance and support do not in any way constitute medical advice or substitute for medical treatment.

OPTAVIA Coaches have many foundational resources to help support Clients and Candidates on their Optimal Health™ journey. However, OPTAVIA Coaches must strive to observe the following limits to their coaching.
LIMITS TO COACHING

Here are some things to be aware of:

- **Nutrition-related** conditions and/or diagnoses that require referrals or consultation with a Registered Dietitian Nutritionist, include but may not be limited to:
  - heart disease,
  - diabetes,
  - cancer,
  - liver disease,
  - kidney disease,
  - anorexia,
  - bulimia,
  - gastrointestinal diseases,
  - food allergies,
  - hypertension, etc.

- **Medical** prescriptions and individualized assessment for exercise programs require referral to a certified personal trainer.

- **Medical (cont.)**
  - cancer,
  - liver disease,
  - kidney disease,
  - anorexia,
  - bulimia,
  - gastrointestinal diseases,
  - food allergies,
  - hypertension,
  - pain/discomfort in chest,
  - dizziness or loss of consciousness, etc.

- **Psychological/psychiatric** conditions and/or diagnoses that require referral to or consultation with a psychological/psychiatric specialist, include but may not be limited to:
  - anorexia,
  - bulimia,
  - binge eating disorder,
  - disordered eating,
  - depression,
  - anxiety,
  - marital/relationship problems, etc.

Clients and Candidates must be referred to their healthcare provider when questions or requests fall within the conditions listed above.

The following Medical Disclaimer is helpful in providing additional guidelines regarding a Client’s use of the OPTAVIA Program.
MEDICAL DISCLAIMER

We recommend that you contact your healthcare provider before starting and throughout your OPTAVIA™ journey, especially if you are taking medications (e.g., diabetes medications, high blood pressure medications, Coumadin® (warfarin), lithium, thyroid medications, etc.).

Do not use the OPTAVIA program if you are pregnant. If you have a serious acute or chronic illness (e.g., heart disease, diabetes, cancer, liver disease, kidney disease, anorexia, bulimia, etc.) do not use the OPTAVIA Program until your healthcare provider says you have recovered or stabilized. The Optimal Weight 5 & 1 Plan® is NOT appropriate for children or teens (under 18 years of age), sedentary older adults (65 years and older), nursing mothers, people with gout, some people with diabetes, and those who exercise more than 45 minutes per day. For special medical or dietary needs, refer to our program guides online and talk to your OPTAVIA Coach™. OPTAVIA is not appropriate for children under the age of 13.

Note: Rapid weight loss may cause gallstones or gallbladder disease for those at high risk. While adjusting to intake of a lower-calorie level and diet changes, some people may experience lightheadedness, dizziness or gastrointestinal disturbances. These usually are temporary.

This Program and any of its materials do not in any way constitute medical advice or substitute for medical treatment.

References: