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.

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

• **Medical** conditions and/or diagnoses that require referral to or consultation with a healthcare provider, include but may not be limited to:
  » heart disease,
  » diabetes,

• **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 consult your healthcare provider prior to starting any weight loss program. Do not use any OPTAVIA Program if you are pregnant or under the age of 13. The OPTAVIA for Teens plan is the only OPTAVIA program appropriate for teens (13 to 17 years of age). If you have a serious acute or chronic illness (e.g., heart attack, diabetes, cancer, liver disease, kidney disease, anorexia, bulimia, etc.), do not use any OPTAVIA Program until your healthcare provider says you have recovered or stabilized. The Optimal Weight 5 & 1 Plan® is NOT appropriate for teens (13 to 17 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, including food allergies, refer to our program information online and talk to your OPTAVIA Coach.

When following a weight-loss program, talk with your healthcare provider about any medications, especially Coumadin® (warfarin), lithium, diabetes medication or medications for high blood pressure.

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 temporary lightheadedness, dizziness or gastrointestinal disturbances.

We recommend drinking 64 ounces of water each day. Talk with your healthcare provider prior to changing the amount of water you drink as it can affect certain health conditions and medications.

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

References: