

As an independent **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® Transformational 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 the 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.

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## Limits to Coaching

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### 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,
  - » cancer
  - » 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.

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## Medical Disclaimer

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The Company ("We") recommends that you consult your healthcare provider prior to starting any weight loss program, and during the course of your weight loss program. Do NOT use any **OPTAVIA** Program, Plans, Products or Kits if you are pregnant or under the age of 13.

Before starting a weight loss program, talk with your healthcare provider about the **OPTAVIA** Program, Plans, Products, and Kits as appropriate, and about any dietary supplements or medications you are using, especially Coumadin (Warfarin), lithium, diuretics, or medications for weight loss, diabetes, high blood pressure or thyroid conditions. Do not utilize any **OPTAVIA** Program, Plans, Products or Kits until you are cleared by your healthcare provider if you have or have had a serious illness (e.g. cardiovascular disease including heart attack, diabetes, cancer, thyroid disease, liver, or kidney disease, eating disorders such as anorexia or bulimia), or any other condition requiring medical care or that may be affected by weight loss.

The **OPTAVIA** for Teens Plan is the only **OPTAVIA** Plan appropriate for teens (13 to 17 years of age). The Optimal Weight 5 & 1 Plan® is NOT appropriate for teens, sedentary older adults (65 years and older), nursing mothers, people with gout, individuals with Type 1 diabetes, and those who exercise more than 45 minutes per day or participate in high intensity activity - if you fall into one of these categories, please consult your healthcare provider, refer to [OPTAVIA.com](https://www.optavia.com) and talk with your independent **OPTAVIA** Coach about other **OPTAVIA** Plans that may be appropriate. For special medical or dietary needs, including food allergies or decreased appetite with weight loss medications, refer to our program information online, consult your healthcare provider and talk to your **OPTAVIA** Coach. Do not consume an **OPTAVIA** product if you are allergic to any of the product's ingredients, which are listed on the product packaging and on the **OPTAVIA** website.

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

Before taking any dietary supplement or changing your dietary intake, or starting a weight loss or exercise program, we recommend consulting with your healthcare provider first, especially prior to starting any **OPTAVIA ACTIVE**® Plans and Products. Clients should seek professional support for specific exercise program prescriptions. The Optimal Weight 5 & 1 **ACTIVE** Plan™ is not appropriate for those who exercise more than 45 minutes per day or participate in high intensity activity. **OPTAVIA ACTIVE** products are not recommended for individuals under 18 years of age.

**NOTE:** Rapid weight loss may cause gallstones or gallbladder disease, temporary hair thinning, or muscle loss in some people. While adjusting to the intake of a lower calorie level and dietary changes, some people may experience dizziness, lightheadedness, headache, fatigue, or gastrointestinal disturbances (such as abdominal pain, bloating, gas, constipation, diarrhea, or nausea). Consult your healthcare provider for further guidance on these or any other health concerns. Seek immediate medical attention if you experience muscle cramps, tingling, numbness, confusion, or rapid/irregular heartbeat as these may be a sign of a more serious health condition.

For avoidance of doubt, the **OPTAVIA** Program, Plans, Products and Kits are not labeled, advertised, or promoted for any specific medicinal purpose, i.e. treatment or prevention, implied or otherwise, of any disease or disorder, including its related conditions.

The **OPTAVIA** Programs, Plans, Products and Kits, and any of its materials and/or information do not in any way constitute medical advice or substitute for medical treatment. Prescriptions must be provided by a licensed healthcare professional. **OPTAVIA** does not prescribe or dispense medications.

As individuals may have different responses to dietary products or changes in diet, consult with your healthcare provider regarding any medical concerns.

For further information regarding this Medical Disclaimer, contact the **OPTAVIA** Nutrition Support Team, available Monday through Friday 8:00 a.m - 5:00 p.m EST at 1.888.OPTAVIA (1.888.678.2842) or via text at 206.828.1605. You can also email at [NutritionSupport@OPTAVIA.com](mailto:NutritionSupport@OPTAVIA.com).