

OPTAVIA COACHING GUIDELINES

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.

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

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**® plan if you are pregnant or under the age of 13.

Before starting a weight loss program, talk with your healthcare provider about the program, and about any medications or dietary supplements you are using, including especially Coumadin (warfarin), lithium, diuretics, or medications for diabetes, high blood pressure or thyroid conditions. Do not participate in any **OPTAVIA** Program 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** Program 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, some people with diabetes, and those who exercise more than 45 minutes per day - if you fall into one of these categories, please consult your healthcare provider and refer to 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, 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 that 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.

NOTE: Rapid weight loss may cause gallstones or gallbladder disease or temporary hair thinning 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** Programs and products are not labelled, 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, products, and any of its materials and/or information do not in any way constitute medical advice or substitute for medical treatment. 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, call Nutrition Support at [1.888.OPTAVIA](tel:1888.OPTAVIA) or email at NutritionSupport@OPTAVIA.com.