

PATH TO HEALTH

Client Privacy, Consent & Practice Policies Packet

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Path to Health

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Welcome

Thank you for choosing Path to Health. I'm committed to providing personalized nutrition support in a professional, respectful, and confidential environment. This packet explains how your information is handled and outlines important policies for working together.

What HIPAA Means (In Plain English)

HIPAA is a federal privacy law that protects your medical and health information.

In simple terms, it means:

- Your information is kept private.
 - It is used only to support your care and necessary business operations.
 - It is not shared without your permission unless required by law.
 - You have rights regarding access to your records.
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How Your Information Is Used

Your health information may be used to:

Support Your Care

Develop nutrition plans, review labs, track progress, and communicate with you.

Handle Payments (If Applicable)

Process payments or provide documentation when requested.

Run the Practice

Scheduling, record keeping, and quality improvement.

Comply With the Law

If required for public health or safety reasons.

Your information is never sold or used for marketing without your written permission.

Your Rights

You have the right to:

- Request a copy of your records
 - Request corrections if information is inaccurate
 - Request limits on how your information is shared
 - Request communication in a preferred format
 - Withdraw consent in writing at any time
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Communication Preferences (Optional)

I give permission for Path to Health to communicate with me via:

- Email
- Phone
- Text Message

I understand that electronic communication carries some privacy risk.

Telehealth Consent

I understand that some services may be provided through telehealth (video or phone sessions).

I acknowledge that:

- Telehealth is convenient but may carry minor technology or privacy risks.
- I am responsible for participating in sessions from a private location.
- I may withdraw consent to telehealth services at any time.

I understand that telehealth services are held to the same professional standards as in-person visits.

Scope of Practice

Carrie Wojo is a Clinical Nutritionist (CN). Nutrition services provided through Path to Health are educational and supportive in nature.

Services include:

- Nutrition education
- Lifestyle guidance
- Lab review (within nutrition scope)
- Goal setting and wellness planning

Services do NOT include:

- Medical diagnosis
- Treatment of medical conditions
- Prescribing medications

Clients are encouraged to maintain care with their primary healthcare provider and discuss any medical concerns with a licensed physician.

Client Agreement

By working with Path to Health, I understand and agree that:

- I am responsible for my own health decisions.
 - Nutrition guidance is collaborative and requires my participation and feedback.
 - Results vary based on individual compliance and health status.
 - I will communicate openly about changes in medications or medical conditions.
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Financial Policy

- Payment is due at the time of service unless otherwise arranged.

- A minimum of 24 hours' notice is required for cancellations or rescheduling.
- Late cancellations or missed appointments will be charged the full missed appointment amount. I value your time and prepare specifically for you, and this policy helps protect that dedicated time.
- Path to Health does not bill insurance unless otherwise stated.

Permission to Share Information (Optional)

Name: _____

Relationship: _____

Phone/Email: _____

Name: _____

Relationship: _____

Phone/Email: _____

Client Consent & Signature

By signing below, I acknowledge that:

- I have reviewed and understand this packet.
- I consent to services provided by Path to Health.
- I understand privacy practices, telehealth policies, scope of practice, and financial policies.

Client Name (Print): _____

Client Signature: _____

Date: _____

Carrie Wojo | Path to Health | Personalized Nutrition Support | Feed Your Body So It Can Heal Itself!