

## HealthFit – Integrative Health Policy & Consent to Care Agreement

HealthFit is a provider of integrative medical services which means we offer both conventional medical care and alternative medicine options including functional medicine, acupuncture, nutrition, therapeutic massage, personal and structured group training, dietary and herbal supplements and essential oils related to alternative care and wellness care.

We are careful to employ safe and effective forms of alternative care. All HealthFit providers have been formally trained in their respective fields by accredited institutions. Each provider is fully licensed and possesses above average credentials in their respective field. We use every reasonable effort to assure quality care experiences for all patients seen at HealthFit.

Your provider may recommend herbal, dietary supplements or essential oils in an attempt to restore nutritional deficiencies or stimulate organ systems. These supplements and oils are not intended to treat specific symptoms or conditions. Certain herbal formulas, dietary supplements and oils have been known to produce minor side effects, such as digestive disturbances, which should be reported to our staff.

Acupuncture requires the insertion of needles through the skin. This procedure may at times employ the addition of a low volt electrical impulse to further enhance the stimulus caused by the acupuncture needles. Side effects from acupuncture are rare and may include slight bleeding, bruising or soreness at the point of needle insertion. Fainting is extremely rare but may occur in patients who are anxious, fatigued or hungry.

Many forms of alternative medicine are not regulated in the United States but are widely accepted and practiced in many cultures. At HealthFit we employ those that have shown merit in helping patients regain lost health, are safe and expose our patients to few, if any, side-effects.

The providers at HealthFit will make every effort to help you return to good health, however, as with any aspect of health care, we make no guarantee concerning the effect of treatment. We will make recommendations base on your response to care within a reasonable clinical trial time-frame. You are free to discontinue or change providers at any time.

Alternative care should not be used as a substitute for traditional medical care. If you elect the use of alternative care, we insist that you remain under the care of your own medical physician.

*I have fully read and understand the above position statement. I voluntarily consent to the rendering of care and performance of any procedures deemed essential in rendering proper treatment.*

Patient Signature \_\_\_\_\_ Date \_\_\_\_\_