

### General Disclaimer

The Trust Life Coaching curriculum is intended for general educational purposes only and not intended to be a substitute for medical, mental or nutritional advice from a physician, therapist, mental health practitioner, dietitian or nutritionist, or any other health-care or wellness professional. Do not disregard or delay taking or seeking any medical advice or any medication, or other professional advice based on the information contained in the curriculum. If you have a medical condition, please consult your physician or health professional before undertaking or changing any physical activity.

### Health Coach Scope of Practice Overview

Trust Life Coaches are trained to work with individuals and groups in a client-centered process to support their health. They are experts on behavior change and possess the skills required to create trust and rapport with clients. The coaching process empowers clients to draw on internal strengths, develop self-knowledge, and embrace strategies for making lifestyle changes necessary for optimal health. Health Coaches do not prescribe, diagnose, treat, or interpret results; rather they guide, educate, and support clients.

### Scope of Practice Disclaimer

Certain protocols in the TLC curriculum are intended for licensed medical or health professionals. Each state has various laws regarding the credentials and licenses required for nutrition and supplement advice, meal planning, counseling, and other health and wellness advice. Please check your local state regulations before engaging in any of these activities. In the event your client has a medical condition, we recommend you advise your client to discuss their medical condition with their doctor or health professional.