

# Disclaimer

The information provided on this website is for general informational purposes only and is not intended to replace professional medical advice, diagnosis, or treatment. The services and content presented on this website, including medical weight loss programs, integrative functional medicine, and hormone replacement therapy (HRT) are intended to support overall wellness and provide educational resources.

## Changes to Disclaimer

We reserve the right to update or modify this disclaimer at any time. Any changes will be posted on this page; the most recent revision date will be noted below.

By using this website, you agree to the terms of this disclaimer.

**Last Updated:** 2/9/2025

## Terms and Conditions

Welcome to Integrative Health and Vitality. By accessing or using this website and our services, you agree to comply with and be bound by the following Terms and Conditions:

### General Use of Website

By using our website, you agree to:

Use the site for lawful purposes only.

Not engage in activities that could harm, disrupt, or compromise the functionality of our website.

Not attempt to gain unauthorized access to any part of our website or related systems.

### Nurse Practitioner Services

Our website provides healthcare services, including **Weight Loss, Functional Medicine, and Hormone Replacement Therapy (HRT)**. These services are provided by a licensed Nurse Practitioner with specialized training in these areas.

**Weight Loss:** Offers tailored plans for weight management, including medical weight loss strategies.

**Functional Medicine:** A holistic approach to uncovering the root causes of chronic health conditions and using personalized treatments.

### Consultations and Appointments

Appointments and consultations are conducted by a licensed Nurse Practitioner. You must provide accurate health information during consultations to ensure proper care and advice.

**Telehealth:** We offer telehealth consultations for appointments. A reliable internet connection and a compatible device are required for telehealth consultations.

**Appointment Confirmation:** All appointments must be confirmed, and cancellations must follow our cancellation policy.

### **Patient Responsibilities**

As a patient, you are responsible for:

Providing accurate and complete information regarding your health history, medications, and concerns.

Following the treatment plan or recommendations provided by the Nurse Practitioner.

Attend scheduled appointments or notify us in advance if you cannot attend.

### **Payment and Billing**

Payment is due at the time of service, and we will provide a clear breakdown of costs before services are rendered.

We accept various forms of payment, including credit/debit cards.

Services provided are based on the fees outlined on the website or as discussed during consultation.

### **Health and Wellness Information Disclaimer**

The information and services offered on this website are intended for informational purposes only and should not be construed as medical advice. Always consult with your healthcare provider before changing your medical or wellness routine.

**No Guarantees:** While we offer personalized care, we do not guarantee specific results from any treatment or program.

### **Confidentiality and Privacy**

We respect the privacy of our patients. Please refer to our Privacy Policy for information on how we collect, use, and protect your personal and health-related information.

### **Limitation of Liability**

We are not responsible for any adverse effects or damages resulting from following our services' advice, treatments, or plans. The information on this website is provided "as is," and we are not liable for any losses or damages.

### **Changes to Terms and Conditions**

We reserve the right to update or modify these Terms and Conditions at any time. Any changes will be posted on this page, and continued use of the website signifies acceptance of those changes.

### **Governing Law**

These Terms and Conditions are governed by the laws of Florida. Any disputes will be resolved in the appropriate jurisdiction.

### **Contact Us**

For any questions or concerns about these Terms and Conditions, please contact us at [info@integrativehealthandvitality.com](mailto:info@integrativehealthandvitality.com)

## **Privacy Policy**

At Integrative Health and Vitality, your privacy is important to us. This Privacy Policy outlines how we collect, use, and safeguard your personal and health-related information when you use our services.

### **Information We Collect**

We may collect the following types of information:

**Personal Information:** Name, address, contact details, date of birth.

**Health Information:** Medical history, health conditions, treatment plans, medications.

**Payment Information:** Credit card or billing details for processing payment.

**Website Usage Data:** Information collected through cookies or tracking technologies to enhance user experience.

### **How We Use Your Information**

We use your information for the following purposes:

To provide medical and wellness services to you, including consultations and treatments.

To process payments and manage billing.

To communicate with you about appointments, updates, and wellness recommendations.

To improve the services we offer based on feedback and usage.

To comply with healthcare regulations and legal obligations.

### **How We Protect Your Information**

We implement robust security measures to protect your personal and health data, including encryption, secure storage, and restricted access. However, no system is completely secure, and we cannot guarantee absolute security.

### **Sharing Your Information**

We do not sell or rent your personal or health information to third parties. However, we may share your data with trusted third parties who assist in providing healthcare services, including:

Healthcare providers or specialists you may be referred to.

Payment processors or billing services.

IT and hosting service providers to maintain our website.

These third parties are required to protect your information and only use it for the purposes for which it was shared.

### **Cookies and Tracking Technologies**

We use cookies to enhance your experience and track website usage patterns. Cookies help us analyze traffic and improve the functionality of our website. You can disable cookies in your browser settings, but this may affect the performance of the site.

### **Your Rights Regarding Personal Data**

You have the right to:

Access the personal and health information we hold about you.

Request updates or corrections to your information.

Request that we delete your personal information, subject to legal and contractual requirements.

Opt-out of marketing communications by following the unsubscribe link in our emails.

### **Changes to Privacy Policy**

We may update this Privacy Policy from time to time. If significant changes occur, we will notify you through our website or via email.

### **Contact Us**

If you have any questions or concerns about our privacy practices, please contact us at [info@integrativehealthandvitality.com](mailto:info@integrativehealthandvitality.com).