

## HEALTH COACH SCOPE OF PRACTICE STATEMENT

Every health coach should have a “scope of practice” statement that each client signs prior to beginning a coaching program. It can be used on its own, or incorporated into a program agreement that includes payment information and practice policies. States vary widely in their laws governing the practices of medicine, nutrition counseling, and psychological counseling. It is possible that in the near future, states will begin to specifically regulate the practice of health coaching. Research the laws of your state and customize a scope of practice statement that defines your work in accordance with these laws.

### Why use a scope of practice statement?

- Sets clear expectations for your clients about what your services do and do not include, ensuring that they know what to expect from your program, which prevents dissatisfaction later
- Ensures that clients have appropriate medical care for services that are beyond your scope of practice
- Protects you from being accused of practicing medicine, nutrition, or counseling without a license

### SAMPLE SCOPE OF PRACTICE STATEMENT\*:

*Welcome to my health coaching program! The following statement describes the services that I offer to clients.*

*As a health coach, I work with clients to figure out how to incorporate healthy changes into a busy life. Although we may discuss what changes you might consider, you should always check with your medical practitioner before trying them. As your coach, I will help you formulate questions to ask your practitioner, and will participate in the discussion to the extent that it is appropriate.*

*I do not diagnose or treat medical conditions. I do not offer medical advice. I do not offer individualized nutrition counseling. I do not offer psychological counseling. I do keep an extensive referral database and am happy to refer clients who need these services to appropriate licensed practitioners. I do require that clients with complex medical issues be actively under the care of a licensed practitioner before beginning a program with me.*

*During the course of our work together, we may discuss medical conditions, supplements, and nutrition, and I may share research on these topics with you. This information may include unfamiliar treatment strategies, and may at times even contradict the regimen prescribed by your medical practitioner. This information is provided to enable you to explore fully all your options and possibilities with your practitioner and is never intended as a substitute for their medical advice. Always check with your practitioner before making changes to your diet, supplement, prescription, or treatment regimen.*

- This statement is provided as an example only. Epidemic Answers makes no claims that this statement is sufficient to protect the health coach from any claims by a client or governing body. Check the laws of your individual state and seek legal advice when adopting your scope of practice statement.
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