

Well4Life Disclaimer & Waiver

INFORMED CONSENT

I do hereby declare that, to the best of my knowledge I am currently free from any existing medical condition or other complaint that would preclude me from participating in any of the physiological tests or exercises that have been described to me.

I understand that the consulting assessor will explain the assessment and/or exercise protocols and the subsequent results of any of the assessments that I participate in to me.

I waive all claims of whatever nature and howsoever arising and hold Well4Life® free of any liability for any harm, injury or damages which I may suffer in consequence of or in the process of assessment and or exercise or of utilizing any of the facilities operated or accredited by Well4Life, that of Well4Life® whilst being supervised, assessed or assisted by any employee or agent representing Well4Life®.

Well4Life® RELEASE OF LIABILITY FOR RECEIPT OF NUTRITION INFORMATION AND WAIVER OF CLAIMS ARISING FROM RECEIPT OF NUTRITION INFORMATION

Disclaimer

The nutrition information provided by Well4Life® is designed for and solely intended to be suggestions which may voluntarily be implemented into the diet of the person who willingly participates and makes use of Well4Life® Services, Well4Life® Applications and Well4Life® Service Providers (“the client”). Use of any nutrition information provided is completely voluntary and each user is solely responsible for their voluntary choice to implement the dietary suggestions. It is the sole responsibility of the client to provide complete and accurate information. Any misinformation or omitted information may affect the nutritional assessment or advice. Any misrepresented information is solely the client’s responsibility and Well4Life, will not be liable.

Well4Life® provides nutrition consulting and recommendations only and is not licensed to diagnose a medical condition or illness. The client must consult a physician for any medical advice.

Waiver and Covenant Not to Sue

I have volunteered to participate in a wellness program under the direction of Well4Life®, which will include, but may not be limited to nutritional planning. In consideration of Well4Life® agreement to assist me, I do here and forever release and discharge and hereby hold harmless Well4Life® and his/her respective agents, heirs, assigns, contractors, and employees from any and



all claims, demands, damages, rights of action or causes of action, present or future, arising out of or connected with my participation in any nutrition program including any injuries resulting there from.

Assumption of Risk

Well4Life® recommends you consult your physician before undertaking any diet or exercise program.

By implementing the suggestions provided by Well4Life®, the client is affirming that she or he has consulted with a medical doctor and has been cleared to implement the suggestions.

Any nutrition information provided is not intended to diagnose, treat, cure or prevent any type of disease or condition. If you need specialized dietary planning to treat, cure, or prevent any type of disease or condition, you should consult with your medical doctor.

If I am pregnant or lactating, have high cholesterol, high blood pressure, high blood sugar, diabetes, renal disease, have had gastric bypass surgery, or currently have (or have had in the past) any other medical condition that requires special dietary restrictions, I must receive permission from my physician before participating in the wellness program, or may be advised to seek help from another health professional.

I recognize that specific foods may create allergic and possible fatal reactions. I have therefore specified any food allergies/sensitivities I am aware of on the client intake form. I am aware that specific foods may interact with certain medications. I have therefore specified all prescription and over the counter (OTC) medications on the client intake form, and have discussed the side effects of all of my medications with my doctor or pharmacist.

I acknowledge and agree that no warranties or representations have been made to me regarding the results I will achieve from this wellness program. I understand that results are individual and may vary.

CONSENT TO PHYSICAL ASSESSMENT / THERAPEUTIC TREATMENT BY Well4Life®.

I hereby by making use of Well4Life® / Well4Life® Service Provider, understand and declare that:

- During the treatment and evaluation I might need to uncover specific body parts and I understand that I may refuse to do so if and when I do feel uncomfortable in doing so.
- The Well4Life® / Well4Life® Service Provider may need to touch me in order to provide effective treatment and that I will inform the Well4Life® / Well4Life® Service Provider if and when I feel uncomfortable.
- It is my right to withdraw this consent at any time or for any specific treatment or intervention.
- I have been informed of all the benefits and risks of the treatment and or intervention. I have been informed of alternative treatment or intervention
- I understand the treatment and potential complications and I had the opportunity to discuss this with the Well4Life® / Well4Life® Service Provider.

- I further more grant any employee of Well4Life® / Well4Life® Service Provider permission to arrange for the necessary medical assistance that may be required in case of injury or damage, should I be unable to do so myself.
- I hereby consent to Well4Life® / Well4Life® Service Provider treatment and interventions that will be performed on me / my dependant: subject to the Well4Life® performing the relevant safety tests and evaluation, and taking relevant precautions.
- I have disclosed all my medical conditions, medications, and any other related information to the Well4Life® / Well4Life® Service Provider.
- I understand that all information given to the Well4Life® /Well4Life® Service Providers will be treated with the utmost confidentiality.
- I have been informed that the practice is accredited with the HPCSA as a training facility for students in health care and therapeutic training. Service might therefore be rendered by Well4Life® Service Providers students or interns.
- I give this consent freely and declare that it was not made under duress.

INFORMED CONSENT

The Well4Life® Psychology Department can offer you a psychology assessment, on the basis of which advice and/or an appropriate referral can be given. This may include referral to other suitable agencies.

The following conditions pertain to patients seen at the adult or child and family psychiatric units.

1. Assessment and treatment will be conducted by clinical psychologists/ intern clinical psychologists under close supervision of a supervising psychologist attached to the psychology department. Information pertaining to my background, symptoms, diagnosis, personality, behaviour, psychological test results and treatment may be discussed by a group of medical professionals/ students attached to the unit to facilitate management of the case, treatment and/or for training purposes.
2. Interviews and/or therapy sessions may be audio-taped and possible video-taped or may occur behind a one way mirror as to facilitate competent supervision and training.
3. All information will remain strictly confidential within the clinical team.
4. Referral agencies will receive acknowledgement, and where appropriate the results of the assessment.

Disclaimers and Waiver

GENERAL DISCLAIMER

Exercise and health are matters that vary from person to person. Viewers of these programs should speak with their own doctors about their individual needs before starting any exercise program. This Web site is not intended as a substitute for the medical advice and

supervision of your personal physician. Any application of the recommendations set forth in the following pages is at the viewer's discretion and sole risk. If you are over 35 or have been inactive for a few years, see your physician before beginning any exercise program. This is especially important if your family has a history of heart disease, high blood pressure, high cholesterol, diabetes, arthritis, obesity, cigarette smoking, or other health conditions. If you have any doubts whatsoever, consult your physician. Well4Life® does not warrant that the information on the Well4Life® Web site or in email messages will not contain material that you or other individuals may find objectionable. However, we will investigate complaints, and we appreciate your input. Please submit any such feedback using our Contact Page.

You should consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs. This is particularly true if you (or your family) have a history of high blood pressure or heart disease, or if you have ever experienced chest pain when exercising or have experienced chest pain in the past month when not engaged in physical activity, smoke, have high cholesterol, are obese, or have a bone or joint problem that could be made worse by a change in physical activity. Do not start this fitness program if your physician or health care provider advises against it. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately.

This site offers health, fitness and nutritional information and is designed for educational purposes only. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment. If you have any concerns or questions about your health, you should always consult with a physician or other health-care professional. Do not disregard, avoid or delay obtaining medical or health related advice from your health-care professional because of something you may have read on this site. The use of any information provided on this site is solely at your own risk.

Developments in medical research may impact the health, fitness and nutritional advice that appears here. No assurance can be given that the advice contained in this site will always include the most recent findings or developments with respect to the particular material.

If you are in the South Africa and think you are having a medical or health emergency, call your health care professional, 10111 or 911, immediately.

Certain health or medical material on this site may be sexually explicit. Please do not use this site if you would find these materials offensive.

Exercise Disclaimer

The workouts, movements, and progressions provided on this website are for educational and entertainment purposes only and are not to be interpreted as a recommendation for a specific treatment plan, product, or course of action. Exercise is not without its risks, and

this or any other exercise program may result in injury. They include but are not limited to: risk of injury, aggravation of a pre-existing condition, or adverse effect of over-exertion such as muscle strain, abnormal blood pressure, fainting, disorders of heartbeat, and very rare instances of heart attack. To reduce the risk of injury, before beginning this or any exercise program, please consult a healthcare provider for appropriate exercise prescription and safety precautions. The exercise instruction and advice presented are in no way intended as a substitute for medical consultation. We disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.

Information Disclaimer

The information provided on this website is for educational and entertainment purposes only, and is not to be interpreted as a recommendation for a specific treatment plan, product, or course of action. This website does not provide specific medical advice, and is not engaged in providing medical services. Information on this website does not replace consultation with qualified a health or medical professional who sees you in person, for your health and your medical needs. Please see a physician or health professional immediately if you suspect you may be ill or injured.

NEVER DISREGARD MEDICAL ADVICE OR DELAY IN SEEKING IT BECAUSE OF SOMETHING YOU HAVE READ ON ANY WEB SITE OR THE SITES OF ADVERTISERS.

You acknowledge your use of this website and the content thereon is at your own risk, including any and all risks associated with your use of any workouts or dietary recipes set out on this website. You acknowledge that there are inherent risks of injury with any physical activity and you hereby release Well4Life® and all of its employees, directors, officers and representatives and other parties involved in the creation, maintenance and distribution of the content on this website (collectively “Well4Life®” from any and all liability arising as a result of your use of this website or the content thereon, including, without limitations, any direct, special, incidental, indirect or consequential damages or other damages of any kind, including, but not limited to physical injury, illness, death, loss of profits, loss of data, whether in an action in contract, tort (including but not limited to negligence) or otherwise.

Well4Life® recommends that you consult with a physician before changing your diet, starting any workout or exercise program or taking supplements of any kind, whether as set out on its website or otherwise. The content of this website is educational only and should not be considered a substitute for advice of a physician.

While the information contained within this site is periodically updated, no guarantee is given that the information provided on this website is correct or complete.

This website and the content thereon are provided without warranties of any kind, either express or implied, including, without limitations any warranties of merchantability, fitness for a particular use or non-infringement of proprietary rights. Well4Life® does not represent or warrant that this website, any links contained therein or its server are free of viruses or other harmful components. Well4Life® shall not be held liable for any damage, whatsoever, to any computer hardware or software, resulting from the download, opening or use of its website content.

Well4Life® reserves the right to change any and all content contained on this web site at any time without notice. Inclusion of any links or reference to any workouts, menus, products, services, processes, or other information, by trade name, trademark, manufacturer, and supplier or otherwise does not constitute or imply endorsement, sponsorship or recommendation thereof by Well4Life®.

Safety Disclaimer

Note: If you are pregnant, nursing, diabetic, on medication, have a medical condition, or are beginning a weight control program, consult your physician before starting to exercise/train or making any dietary changes. Discontinue use if adverse events occur.

COPYRIGHT

Well4Life® site and the email messages you receive through Well4Life® contain copyrighted material. You acknowledge that you do not acquire any ownership rights by downloading copyrighted material. Well4Life® owns a copyright in the selection, coordination, arrangement and enhancement of such content, as well as in the content original to it. Each third party content provider owns the copyright in content original to it. You may not modify, publish, transmit, display, participate in the transfer or sale, create derivative works, or in any way exploit the content available on or through the Well4Life®, except as otherwise expressly permitted under copyright law or with the express permission of Well4Life® and the copyright owner. If you believe that your copyright has been infringed on the Well4Life® site, please contact us by sending an email to legal@well4life.co.za.

GOODS AND SERVICES ADVERTISED THROUGH THIS WEBSITE

Well4Life® is not responsible for any representations, warranties, terms, conditions, payment, or delivery of any goods or services sold or advertised through its sponsors.

DIGITAL CERTIFICATE (FITNESS AND NUTRITION PROGRAMS)

The web pages provided by Well4Life® to you are subject to certain terms and conditions as set forth above. By using these web pages, you are deemed to have agreed to such terms and conditions. The information provided herein is meant to supplement the advice and counsel of your health care provider or other health professionals. The information

provided on these pages is not meant to substitute for medical advice from your doctor or health care provider. Well4Life® strongly advises that you consult your doctor or health care provider before you alter your diet or fitness activities. All information provided by Well4Life® on these Web pages is owned by or licensed to Well4Life® . Well4Life® and its licensees retain all proprietary rights to the information contained on these pages to the fullest extent of their rights. The information contained on these pages may not be downloaded or reproduced except for use by members of Well4Life® for use only as prescribed by Well4Life® with appropriate consultation with the user's health care provider. Users of Well4Life® are advised that health advice is often subject to updating and refining due to medical research and developments. Well4Life® will update these Web pages frequently. However, no assurance can be given that the advice contained in these Web pages will include the most recent findings or developments with respect to the particular material. You are encouraged to consult with your health care provider with any questions or concerns you may have regarding any health condition that you may have. Well4Life® is not responsible for your use of the material contained herein other than as intended by Well4Life® .

MEMBERSHIP DISCLAIMER

Well4Life® , in its sole discretion, may revoke the membership of those who violate its guidelines or this Membership Agreement.

MEDICAL DISCLAIMER

The information provided is not intended to be a substitute for professional medical advice, diagnosis or treatment. Never disregard professional medical advice, or delay in seeking it, because of something you have read on this website. Never rely on information on this website in place of seeking professional medical advice.

Well4Life® is not responsible or liable for any advice, course of treatment, diagnosis or any other information, services or products that you obtain through this site. You are encouraged to consult with your doctor with regard to this information contained on or through this website. After reading articles, watching videos or reading other content from this website, you are encouraged to review the information carefully with your professional healthcare provider.

PERSONAL DISCLAIMER

I, Jean Thomas Doran, am not a doctor. The information I provide is based on my personal experience, research and my experience as a wellness consultant, biokineticist and health care professional. Any recommendations I make about exercise, nutrition, supplements or lifestyle should be discussed between you and your doctor because assessments, treatments and recommendations involves risks.

RESULTS DISCLAIMER

We make every effort to ensure that we accurately represent these products and services and their potential for muscle building results and fat burning results. Muscle gain and fat loss results made by our company and its customers are estimates of what we think you can possibly earn. There is no guarantee that you will experience the same results and you accept the risk that the muscle building results and fat loss results differ by individual.

As with any fitness program, your results may vary, and will be based on your individual capacity, previous experience, ability to take action and level of desire. There are no guarantees concerning the level of success you may experience. The testimonials and examples used are exceptional results, which do not apply to the average purchaser, and are not intended to represent or guarantee that anyone will achieve the same or similar results. Everyone's success depends on his or her background, dedication, desire and motivation.

There is no assurance that examples of past muscle building and fat burning results can be duplicated in the future. We cannot guarantee your future results and/or success. Nor can we guarantee that you maintain the results you experience if you do not continue following the program. We are not responsible for your actions.

The use of our information, products and services should be based on your own due diligence and you agree that our company is not liable for any success or failure of your physique that is directly or indirectly related to the purchase and use of our information, products and services.

If this disclaimer scared you off from taking action then my information, products and services are not for you. If this disclaimer inspired you to step up and give my real-world solution an honest try – congratulations and our company looks forward to working with you.

Modifications to this Agreement

We reserve the right, at our sole discretion, to change, modify or otherwise alter these disclaimers and waivers at any time. Such modifications shall become effective immediately upon the posting thereof. You must review this agreement on a regular basis to keep yourself apprised of any changes. You can find the most recent version of the disclaimer at: <https://well4life.co.za/disclaimer>

Exercise and Exercise Therapy Disclaimer and Waiver

Well4Life®

Terms and Conditions and Waiver of Liability

In consideration for being permitted to participate in the boot camp, fitness classes, personal training sessions and/or related fitness activities (individually and collectively, the “activity”) organized and operated by Well4Life® (from here forward referred to as Well4Life®) as well as the benefits that I will derive from my participation in the activity, I hereby represent and agree with, and for the benefit of Well4Life® and the Released Parties (as defined below), as follows:

1. (a) I am physically fit and able to participate in the activity; I am in good health, and I am unaware of any medical condition which might make my participation inadvisable. (b) I have no pre-existing physical limitation or condition which may be aggravated or harmed by my participation in the activity. (c) I acknowledge my responsibility to acquire and maintain, during the period of each activity, health insurance coverage sufficient to provide for all medical, vision or dental services and/or equipment required to treat any injury related to my participation in the activity. (d) I hereby represent that I have such insurance coverage in effect as of the date set forth below. I understand that Well4Life® carries no dental, medical, vision or other health insurance for any participant and that I am solely responsible for securing my own health insurance coverage. (e) I acknowledge that I have had the opportunity to ask Well4Life® representatives any questions that I may have about the Activity (including but not limited to the various activities that comprise the activity) that I believe are necessary in order to decide whether I am able to participate in the activity and make the above representations. I represent that all such questions have been answered to my complete satisfaction. In connection with the above, I further represent that I have had an opportunity to inspect the equipment to be used in the activity prior to my participation in it and, based upon my inspection; I have found all equipment to be in good condition and in proper working order.
2. **Assumption of Risk.** I acknowledge that my participation in the activity carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. I understand that the specific risks can and do vary from one activity to another and that these risks range from (a) minor injuries such as scratches, bruises, and sprains, to (b) major injuries such as eye injury or loss of sight, joint or back injuries, disfigurement, heart attacks, broken bones, torn ligaments and concussions to (c) catastrophic injuries including paralysis and death
3. **Release of Liability.** I, on behalf of myself, heirs, assigns, personal representatives and estate hereby release, forever discharge and covenant not to sue Well4Life®, their owners, managers, members, employees, partners, sponsors, volunteers, agents, advisors, contractors, consultants, attorneys, accountants and insurers (the “Released Parties”) from any and all liability from all claims, actions, suits or other proceedings resulting in personal injury, including death, accident, illness or property damage, I may suffer or sustain, regardless of fault, arising from or in connection with, my participation in the activity, the equipment used during the activity (whether provided by Well4Life®, a third party or myself) and the building or facilities where the activity was located.
4. I hereby voluntarily release, forever discharge and agree to indemnify, defend and hold harmless the Released Parties from and against any and all claims, actions, suits, proceedings, costs, expenses, damages, and liabilities, including attorneys fees, brought as a result of my participation in the activity, the equipment used during the activity (whether provided by Well4Life®, a third party, or myself) and the building or facilities where the activity occurred and to reimburse the Released Parties in full for any such expenses incurred.
5. **Name and Likeness.** I hereby grant to Well4Life®, its licensees, successors and assigns, the right to take action photographs and/or videotape me during my participation in the activity and further grant Well4Life® the right to display, reproduce, use and/or otherwise exploit my appearance, image, likeness, name and voice in perpetuity and throughout the world, in all media, whether now known or hereafter devised, and in all forms and formats, for any purpose whatsoever, without compensation, reservation or limitation. I understand that no photograph, videotape or other material of any kind needs to be submitted to me for my prior approval or inspection and I hereby release Well4Life®, its licensees, successors and assigns from any and all liability for any actual or alleged

distortion of appearance, image or likeness as depicted in any photograph, videotape or other visual or audio-visual work resulting from its publication as well as any advertising copy or other printed materials that may be used in connection therewith or the use to which it may be applied. I agree that any visual or audio-visual work which depicts me (in whole or in part) shall be owned by Well4Life® and that Well4Life® may copyright same. To that end, I hereby assign and transfer to Well4Life® all right, title and interest in and to my appearance, image, and likeness, voice as embodied in any audio, audio-visual or visual work. I agree that Well4Life® shall have the sole and exclusive right, title and possession to all original negatives, videotapes and related materials that may embody my picture. I acknowledge that Well4Life® is under no obligation to exercise any rights granted herein.

6. If any part, article, paragraph, sentence or clause of this consent and release is not enforceable, the affected provision shall be curtailed and limited to the extent necessary to bring it in within the requirements of the law, and the remainder of this consent and release shall continue in full force and effect. This consent and release shall be governed by the laws of South Africa. All provisions of this consent and release shall survive the termination or expiration of any activity or my participation in any activity contemplated hereby.
7. **Affirmation of Release.** I knowingly intend my signature on this consent and release to be a complete defense to any legal or equitable proceeding that may be brought by me, or any person on their own or on my own behalf, for any personal injury, including death, accident, illness or property damage, including theft, I may suffer or sustain as a result of my voluntary participation in the activity, and further intend this consent and release to be a complete and total release of liability for all negligent acts, failure to act, or breaches of duty owed to me, which result in my personal injury, accident, illness and/or property loss as a result of my participation in the activity, the equipment used during the activity (whether provided by Well4Life®, a third party or myself) and the building or facilities where the activity occurred and to reimburse the Released Parties in full for any such expenses incurred.

I represent that I am 18 years of age or older, or accompanied by a legal guardian, that I am legally competent and capable of executing this consent and release on my own behalf, that I have read the foregoing and have made a conscious decision to sign it of my own free will. I further represent that I understand and agree to the terms of this consent and release and have received a copy of same.

Disclaimer

You should consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs. This is particularly true if you (or your family) have a history of high blood pressure or heart disease, or if you have ever experienced chest pain when exercising or have experienced chest pain in the past month when not engaged in physical activity, smoke, have high cholesterol, are obese, or have a bone or joint problem that could be made worse by a change in physical activity. Do not start this fitness program if your physician or health care provider advises against it. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately.

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replace, professional medical advice, diagnosis, or treatment. If you have any concerns or questions about your health, you should always consult with a physician or other health-care professional. Do not disregard, avoid or delay obtaining medical or health related advice from your health-care professional because of something you may have read on this site. The use of any information provided on this site is solely at your own risk.

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If you are in South Africa and think you are having a medical or health emergency, call your health care professional, 10111 or 911, immediately.

Certain health or medical material on this site may be sexually explicit. Please do not use this site if you would find these materials offensive.

The Nutrition Mentor advises users of this website to always consult a physician or other qualified healthcare provider regarding their personal health or medical conditions. Please be advised that Well4Life® Mentors are well trained and knowledgeable in the application of nutritional therapy based on Functional Medicine principles but are NOT A MEDICAL DOCTOR AND CANNOT GIVE MEDICAL ADVICE.

Statements made on this website have not been evaluated by any particular agency. We do our best to ensure that all information is true and correct and enables you to make the best decision for your own health. However, the products and services listed on our website are not intended to diagnose, treat, cure or prevent any illness or disease. It is offered as information only, for use in the maintenance and promotion of good health in cooperation with a licensed medical practitioner.'

Use herbs and/or natural supplements as per instructions and always watch for any unusual reactions. In the event that any individual should use the information presented on this website without a licensed medical practitioner's approval, that individual will be diagnosing for him or herself or the person it is administered to

No responsibility is assumed by the author, publisher or distributors of this information should the information be used in place of a licensed medical practitioner's advice. No guarantees of any kind are made for the performance or effectiveness of products or services mentioned on this website.

You should not use the information on this website for diagnosis or treatment of any health problem or for prescription of any medication or other treatment. It is your responsibility to inform and consult with a medical professional before starting any diet, exercise, detoxification, supplementation programme, especially if you are taking any medication, or if you have or suspect you might have a health problem.

Limitation of Liability:

In no event shall The Well4Life® Mentor, its owner, affiliates, business associates, team members, clients, suppliers and any other authorized agent or representative of The Well4Life® Mentor have any liability for any claim, loss or injury, including without limitation an indirect, incidental, special, or consequential damages, however caused and on any theory of liability, whether for breach of contract, tort (including negligence) or otherwise, arising out of or related to The Well4Life® Mentor's service, the use or the inability to use the website and/or any content, any content or other goods or services purchased, licensed, or obtained or messages received or transactions entered into by means of or through the site, the unauthorized access to or alteration of your transmission or data, or other information that is sent or received or not sent or received, or any user content, including but not limited to loss of anticipated profits, regardless of any negligence of The Well4Life® Mentor or any of its affiliates or agents. These limitations shall apply notwithstanding any failure or essential purpose of any limited remedy.

Nutritional Therapy Terms of Engagement:

The Well4Life® Mentor will provide clients undertaking nutritional therapy a separate document spelling out the terms of engagement between the client and nutritional therapist. The client must agree and sign the Terms of Engagement form before a consultation may take place.

Metabolic Balance Programme Informed Consent and Disclaimer:

Clients undertaking the Metabolic Balance programme will also be required to sign an Informed Consent and Disclaimer form before commencing the programme.



Release, Waiver and Covenant Not to Sue:

By checking the “I agree” box for online purchases and/or signing the Terms of Engagement form and/or Metabolic Balance Informed Consent and Disclaimer form, you hereby release and discharge The Well4Life® Mentor, its owner, affiliates, business associates, team members, clients, suppliers and any other authorized agent or representative of the Well4Life® Mentor from any and all liability associated with your use of The Well4Life® Mentor website, products or services. This release shall apply to any and all claims, whether known or unknown, held by you.

This form is an important legal document. It explains the risks you are assuming by starting a wellness program. It is critical that you read and understand it completely. After you have done so, please print your name, email address, and date in the spaces below.

Disclaimer

The nutrition advice given by Well4Life® Mentor/ Jean Thomas Doran, is based on the information provided by the client / individual. The nutrition information given is meant only for the client / individual completing the forms. It is the sole responsibility of the client / individual to provide complete and accurate information. Any misinformation or omitted information may affect the nutritional/ assessment / advice. Any misrepresented information is solely the client’s / individual’s responsibility and Well4Life® Mentor / Jean Thomas Doran, will not be liable. Well4Life® Mentor/ Jean Thomas Doran, provides nutrition consulting and recommendations only and is not licensed to diagnose a medical condition or illness. The client / individual must consult a physician for any medical advice.

Waiver and Covenant Not to Sue

I have volunteered to participate in a wellness program and possible follow-ups under the direction of Well4Life® Mentor / Jean Thomas Doran, which will include, but may not be limited to nutritional planning. In consideration of Well4Life® Mentor/ Jean Thomas Doran agreement to assist me, I do here and forever release and discharge and hereby hold harmless Well4Life® Mentor / Jean Thomas Doran and his/her respective agents, heirs, assigns, contractors, and employees from any and all claims, demands, damages, rights of action or causes of action, present or future, arising out of or connected with my participation in any nutrition program including any injuries resulting there from.

Assumption of Risk

I recognize that specific foods may create allergic and possible fatal reactions, most specifically, products containing nuts. I have therefore specified any food allergies/ sensitivities I am aware of on the "diet profile" form. I am aware that specific foods may interact with certain medications. I have discussed the side effects of all of my medications with my doctor or pharmacist. I also understand the wellness information I receive will not take my medications into consideration unless I choose to list my medications on the "diet



profile" form. If I am pregnant or lactating, have high cholesterol, high blood pressure, high blood sugar, diabetes, renal disease, gastric by-pass surgery or any other medical condition that requires special dietary restrictions, I must receive permission from my physician before participating in the wellness program, or may be advised to seek help from another health professional.

I acknowledge and agree that no warranties or representations have been made to me regarding the results I will achieve from this wellness program. I understand that results are individual and may vary.

Signature of client/ individual:

Printed Name: _____ **Date:**

Email address: _____