

## Text Coach Electronic Consent

I understand that online Textcoach™ services include, but are not limited to, consultation and coaching using interactive, technology-based communication. I understand that online coaching services involve the communication of my medical/mental health information to my Coach. I have the right to withhold or withdraw consent at any time.

I understand that the laws that protect the confidentiality of my medical information also apply to online coaching services. As such, I understand that the information disclosed by me during the course of my coaching is generally confidential. However, there are both mandatory and permissive exceptions to confidentiality, including, but not limited to reporting abuse; expressed threats of violence towards an ascertainable victim; and where I make my mental or emotional state an issue in a legal proceeding. I understand that the dissemination of any information is under the same HIPAA standards as traditional therapy.

Although rare, I understand that there are risks to Internet based services including, not limited to, the possibility, despite reasonable efforts on the part of the platform and/or Coach, that: the transmission of my medical information could be disrupted or distorted by technical failures; the transmission of my medical information could be interrupted by unauthorized persons; and/or the electronic storage of my medical information could be accessed by unauthorized persons.

All Coaches are licensed mental health professionals who have a masters or doctorate degree in psychology or a related counseling field. Each Coach is trained in providing therapy, has had training specific to providing distance counseling and has experience in the delivery of behavioral health services. However, I understand that coaching is different from counseling and therapy. If my Coach determines that counseling or other clinical services would be more appropriate, I understand that my Coach will help me access those services.

I agree that the location of the coaching is the state where my Coach (licensed therapist) is located, even when I am communicating with my Coach by digital or text message platforms. I agree that my coaching is under the licensing rules and laws of the state my Coach is licensed in.

By participating in on-line coaching services I am aware of potential benefits and risks. Some benefits may include improved access to services, the convenience of not having to travel to appointments and using the means of communication I am comfortable with.

Although risks are rare, I am aware there are possible risks which include that there may be delay in response from my Coach due to technical failures or unforeseen events, and that I may not be able to respond to my Coach due to my own technology failures or unforeseen events.

I understand that my Coach may not be able to provide certain services to me. If my Coach believes I need additional or other services, they may refer me to another specialist or type of care, such as seeing a medical doctor for further evaluation and treatment or seeing a therapist for face-to-face counseling.

If I decide that I would like to switch to another Coach on the platform, I can ask my Coach and they will help me.

I can contact my Coach either via the Internet or with the mobile app. I understand that my Coach and I will communicate asynchronously, and that "real time" or instant message style discussion with my Coach is not available through platform. If I decide that coaching is not a good fit for me, I can inform my Coach and they will help me access other services that may be a better fit.

I understand that coaching is not appropriate for emergencies. If I am in a life threatening situation, I will not use coaching and will instead contact the appropriate emergency services in my area or call 911.

It is not recommended that I suddenly stop contacting my Coach or "drop out" without talking about the termination of coaching. Coaches and clients talk about the expected length of Coaching and ending the Coaching relationship.

Informed consent continues throughout the course of coaching and my Coach will continue to talk with me about risks, benefits or educate me on the process of coaching as we go along.