

Nutrition Commitment and Policy Form

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Commitment Requirements

In order to see both effective and long-lasting results with your nutrition, it is important to understand the extent of devotion that is necessary to make permanent changes to your health in the process. The vast majority of individuals who have seen results from this particular nutrition program have devoted significant amounts of time and energy into immersive nutritional training techniques.

This is a program for those exclusively with high levels of motivation, time, and commitment – those who believe they are ready for permanent change in their lives.

If you, for any reason, do not believe these characteristics are in line with your beliefs, attitudes and values presently, it is asked that you discuss this with your dietitian prior to proceeding with this program and agree upon an appropriate plan of action moving forward.

Client Expectations

The Summit Performance Nutrition Program operates according to current research-based evidence regarding successful health behavior change practices including, but not limited to, weight (fat) loss, weight (muscle) gain, anti-inflammatory diets, nutrient replenishment, sport and performance optimization and overall nutritional well-being. In alignment with health behavior change research, this program operates under the belief that to sustain nutritional goals, **individuals must practice these behavior modifications on a repetitive and reoccurring basis. Therefore, you will be expected to participate in weekly check-ins with your registered dietitian for accountability.** Many studies have identified the factors which cause individuals to have greater success with practicing consistent nutritional behavior change. These factors vary, but include:

- **Personal-/self-accountability**
- Accountability from an outside source **(this is achieved with weekly check-ins with your dietitian)**
- Interventions that are achievable within your personal stage of behavior change
- **Consistency in repetition of modified behaviors** for a prolonged period of time

A reasonable time frame for committing yourself to changing a nutritional behavior can range from 8 to 16 weeks.

This time frame is established with the intention of allowing enough time to:

1. Establish newly adopted health behaviors,
2. Address individual factors that may impair or challenge goal succession, and finally,

3. Observe the metabolic changes which will determine achievement of your nutritional goals.

It is important to acknowledge that succession of long-term nutritional goals takes a significant amount of time to accomplish. It is asked of you to allow no less than 16 weeks to see alterations in your symptoms and/or body composition, although participants do tend to see changes in less than this amount of time.

Upon signing this form, commitment to this program is mandatory. If an event arises in which you are unable to complete the program, you will need to communicate this with your dietitian as soon as possible.

Termination factors may include circumstances such as:

- Family/medical emergencies
- Home or job relocation

Although these circumstances are of the few that may validate termination of this contract, they do not necessitate termination. If these situations occur during your commitment period, it is advisable that you speak with your dietitian to discuss the best and most appropriate options for successfully obtaining your nutritional goals.

Health Insurance Coverage

In order to qualify for preventive nutrition services, which are covered under your private insurance carrier, you must possess both of 2 qualifications: The first being a BMI of 25 or greater and a laboratory marker that indicates an increased risk for heart disease. This includes, but is not limited to, high blood pressure, high blood sugar/A1c, high total cholesterol, high LDL, high VLDL, and low HDL. There are many other health conditions that may qualify you for medical coverage of nutrition services, so please speak with your dietitian for more information.

For qualified persons under Preventive Healthcare coverage, you will be expected to provide laboratory results to qualify you for coverage. Once validated, you are entitled to 3 sessions with a registered dietitian per plan year. These sessions are fully covered by your insurance carrier and there is no co pay or referral necessary. **Each of your three sessions are covered for up to 2 hours per session.** While you do not need to use the full 2 hours of each and every session, you are encouraged to take maximum advantage of the up to 6 hours per year that you have fully covered nutrition services available to you.

Cancellation Policy

Due to a rapidly growing program, many new clients are scheduling their appointments weeks out in advance. If you need to reschedule or cancel your appointment, doing so in a timely manner will allow and help others to better meet their performance and nutrition goals.

*****All cancellations must be done within 24 hours of the scheduled appointment time. Failure to do so may result in a charge of \$35.00 for the missed appointment.**

By signing and dating this form below, you acknowledge your understanding of this commitment and policy form which is initiated at the date of signature. You also acknowledge the expectations of the Program Policy and factors which may validate your voluntary termination of this contract.

By signing this contract you also acknowledge your understanding of the Cancellation Policy and that failure to cancel your scheduled appointment within 24 hours of that time may result in a full charge regardless of presence.

Signature

Printed name

Date