



IN-PERSON INFORMED CONSENT AND WAIVER OF LIABILITY

This document contains important information about our decision to conduct in-person services in light of the COVID-19 public health crisis and to set expectations surrounding some corresponding changes to facilitate health safety for our meetings. Please read this carefully and let me know if you have any questions before signing this document, as it will be an official agreement between us.

TELEHEALTH RECOMMENDATION AND DECISION TO MEET FACE-TO-FACE

Monarch Wellness® offers and recommends telehealth services to reduce the risk of exposure. However, we also understand that in-person sessions are sometimes preferred and requested. We have agreed to meet in person for some or all future sessions. If there is a resurgence of the pandemic or if other health concerns arise, I may require that we meet via telehealth or alternative communication resources that meet the confidentiality requirements necessary to work together. If you have concerns about meeting through telehealth, we will talk about it first and try to address any issues. You understand that, if I believe it is necessary, I may determine that we return to telehealth for everyone's well-being. If you decide at any time that you would feel safer with telehealth services as is recommended, please let me or the front office know as soon as possible, and the transition will be made.

RISKS OF OPTING FOR IN-PERSON SERVICES

You understand that by coming to the office, you are assuming the risk of exposure to the coronavirus (or other public health risk), which is understood to be extremely contagious and is spread primarily by person-to-person contact. This risk may increase if you travel by public transportation, cab, or ridesharing service. You agree to waive all rights and claims against me and the Monarch Wellness® practice both jointly and severally for damages arising therefrom.

YOUR RESPONSIBILITY TO MINIMIZE YOUR EXPOSURE

To obtain services in person, you agree to take certain precautions which will help keep everyone (you, me, other clients, other Monarch Wellness® staff, and our families) safer from exposure and illness. If you do not adhere to these safeguards, it may result in our starting / returning to a telehealth arrangement.

INITIAL EACH TO INDICATE THAT YOU UNDERSTAND AND AGREE TO THESE ACTIONS:

- I will only keep my in-person appointment if I am symptom free, including temperature below 100, and have been symptom free for a period of 14 days. If I need to cancel due to any symptoms, I am aware the cancellation fee will be waived. (Symptoms include recent onset of one or more of the following: fever, chills, sore throat, cough, shortness of breath, difficulty breathing, body aches, muscle pain, loss of smell or taste, headache,

CLIENT/ GUARDIAN(S) INITIALS _____

diarrhea, vomiting, coughing, or any newly discovered health symptom associated with any contagious virus and not explained by other health condition.) _____

- I will wait in my car or outside until no earlier than 5 minutes before the appointment time. _____
- I will wash my hands and/or use alcohol-based hand sanitizer before entering the office. _____
- I will adhere to the safe distancing precautions set up in the waiting room and therapy room and there will be no physical contact. For example, there will be no shaking hands with my therapist or other Monarch Wellness® staff, and I won't move chairs or sit where signs ask me not to sit. _____
- Masks are recommended. _____
- If I am bringing a child, I will make sure that my child follows all of these sanitation and distancing protocols. _____
- I will take steps between appointments to minimize my exposure to COVID. _____
- If I have been exposed to, or share a workplace or living arrangement with a person infected by COVID-19, I will immediately disclose the information before the appointment time by phone and will reschedule or transition to telehealth or other alternative means of communication. _____
- If I commute or if other responsibilities or activities put me in close contact with others (beyond my family and/or roommates), I will let Monarch Wellness® staff know. _____
- If I or a resident of my home tests positive for the infection, I will immediately let Monarch Wellness® staff know to cancel the in-person appointment, and we will resume or begin treatment via telehealth as appropriate. _____

The above precautions may be changed if additional local, state or federal orders or guidelines are published. If that happens, we will talk about any necessary changes.

OUR COMMITMENT TO MINIMIZE EXPOSURE

My practice and the Monarch Wellness® team have taken reasonable preventative measures within the office intended to reduce the risk of spreading the coronavirus, in accordance with the guidelines outlined by the CDC, HHS, and NASW, and we have posted our efforts on our website and in the office. Although these steps will improve safety, it is impossible to guarantee any outcome with an invisible virus and there is still a possibility of transmission as a result of attending in-person therapy. If I [or any staff] test positive for the coronavirus, I will notify you so that you can take appropriate precautions. Please let me know if you have questions about these efforts.

IF YOU ARE SICK

You understand that I am committed to keeping you, me, my staff and all of our families safe from the spread of this virus. If you show up for an appointment and I [or my office staff] believe that you have a fever or other symptoms, or believe you have been exposed, I will have to require you to leave the office immediately. We can follow up with services by telehealth as appropriate.

CLIENT/ GUARDIAN(S) INITIALS _____



OFFICE SAFETY PRECAUTIONS IN EFFECT DURING THE COVID-19 PANDEMIC

Our office is taking the following precautions to protect our patients and help slow the spread of the coronavirus.

- We maintain physical distancing.
- Masks are recommended.
- Hand sanitizer is available in therapy rooms and waiting room.
- Soap is available in the restroom and handwashing is expected after bathroom use.
- We ask clients to wait in their cars or outside until no earlier than 5 minutes before their appointment times.
- Only clients, legal guardians, parents (and minor siblings) of minors, and caregivers are permitted in the office and waiting room.
- Telehealth appointments are available.