

## Health Coaching Information Receipt

Thank you for signing up for the \_\_\_\_\_ SNAP-Ed Health Coaching Program!

This program is funded by the USDA SNAP-Ed grant; therefore, there is no cost to you.

What to expect:

- \* A call from your health coach within 1 to 2 weeks based on the times you noted on the sign-up form
- \* All 6 sessions are conducted over the telephone and last about 30 minutes
- \* Your health coach will give you guidance needed to make healthy behavior changes
- \* Your non-personal information from sessions will be shared with \_\_\_\_\_ to measure the success of the program
- \* You can stop at any time

If you have any questions about \_\_\_\_\_ Health Coaching Program, please feel free to contact me.

Our health coaches are looking forward to their first call with you!

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*This institution is an equal opportunity provider.*

*You should be aware that the \_\_\_\_\_ Institutional Review Board (IRB) may inspect project records as part of its mission to protect the safety of participants. If you have any questions about your rights as a participant, please contact the [name of program] IRB at [phone number].  
The IRB is a group of people that review studies and protects the rights of participants.*

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