

1000 POUND CLUB

Confidentiality Agreement & Disclaimer

At certain points members of the 1000 Pound Club (hereinafter, the “**Members**” and “**Club,**” respectively) will be asked to provide personal information which will be used in monitoring the performance of the Members and comparing the results of the Members. You will be asked to provide the Club the following types of information: general personal information such as your name, address, phone number and e-mail address; and personal health information which may include your height, weight, changes in weight, and results of beginning and ending blood tests. This information may be updated at intervals throughout the next year and a half. You will also be asked to record your dietary consumption as well as your level of exercise on a daily basis. This personal information, and any other information you may be asked to or choose to volunteer is, hereinafter, the “**Personal Information.**”

The privacy policy herein covers the use of the Personal Information. You agree that you have read and understand this privacy policy and that you shall be bound by its terms and conditions; and, you agree that as a Member you will receive periodic Club e-mails. You affirmatively consent to receive these e-mails as long as you continue to be a Member. You may opt out of Membership at any time by notifying us by e-mail.

PRIVACY POLICY: By in some way communicating or transmitting Personal Information, you hereby grant the Club the right to use that Personal Information for the purposes of the Club and the aggregate of its Members, and to provide you summarized data on yourself (based solely on the Personal Information that you provide). All Personal Information will be maintained in a secure fashion and known to only those individuals who are administering the Club and communicating with Members. The provision of Personal Information includes personal health information that is protected by State and Federal law. The Club will strictly maintain your rights to confidentiality of your personal health information. Your information will only be used or disclosed in accordance with those laws, and only to the minimal extent necessary for the purposes of the Club. Such purposes will include statistical analysis and member monitoring and comparison purposes. The Club reserves that right to publish, or in some way make public the collective, the aggregate results of the Club’s members. Unless the Club receives prior written approval from the Member(s), such publication will pertain solely to the results of the group and not to specific individuals.

Medical Disclaimer

All information communicated by the Club through its website, emails, and/or phone calls from a Club representative (hereinafter, “Club Information”) is general in nature and is furnished for educational purposes only. No Club Information is to be taken as medical or other health advice pertaining to any individual’s specific health or medical condition. Although we make an effort to provide quality information to you, the Club and its sponsors disclaim any expressed or implied guarantee regarding the accuracy,

completeness, timeliness, or personal relevance of any Club Information. The Club Information is not a diagnosis, treatment plan, or recommendation for a particular course of action regarding your health and is not intended to provide specific medical advice. It remains your responsibility to evaluate the accuracy, completeness, and usefulness of all Information.

The Club is not engaged in rendering medical or professional services. The Club Information is not a substitute for the diagnosis and advice of your health care professional and the Information must not be used in place of such diagnosis and advice. Do not delay seeking the diagnosis and advice of your health care professional because of anything you may have read or interpreted in the Club Information. Consult your health care professional before practicing any recommendations or acting on any information. The Club Information must not be interpreted as advocating the self-management of your medical condition(s) or those of your family.

Before starting this or any other diet or fitness program, consult your physician to determine if one or more of our diet and/or fitness programs are right for your needs. Do not start a diet or fitness program with us if your physician or health care provider advises against it.