



Group Coaching Informed Consent

I understand that my cancer coach, Wayne Mylin, wishes me to participate in a group telehealth session.

This means that through an interactive video connection, I will be able to see, listen to, and/or speak with Wayne alongside other people who may be present in the session.

I understand there are potential risks with this technology:

- The video connection may not work, or it may stop working during the consultation.
- The video picture or information transmitted may not be clear enough to be useful for the consultation.

The benefits of a telehealth session are:

- I do not need to travel to a physical location.
- I have access to a coaching session through this technology.

I also understand other individuals will be using the Healthie telehealth platform and that they will take reasonable steps to maintain the confidentiality of the information shared.

I have read this document, understand the risks and benefits of telehealth consultation, and have had my questions regarding the procedure explained, and I hereby consent to participate in telehealth sessions under the conditions described in this document.

Confidentiality

- Anything said between any two or more group members at any time is part of the group and is confidential. I understand that everything said in this group is confidential and not to be shared with anyone outside of the group except as may be otherwise required by law.

- I agree to keep confidential the names of other members of the group and what is said in the group. As a member of this group, I agree to not disclose to anyone outside the group any information that may identify another group member. This includes, but is not limited to, names, physical descriptions, biological information, and specifics to the content of interactions with other group members.
- I agree to indemnify and hold Life Balance Cancer Coaching harmless for any loss or damages, including costs and attorney's fees, incurred by Life Balance Cancer Coaching as a result of my breach of another's confidentiality.
- Confidentiality of audio and video communications in individual and group coaching sessions are protected by encryption and on a secure site. I understand that efforts to keep all information confidential are made, and likewise, I will take steps to safeguard my Healthie account login information. I will not share my login with anyone or give them access to my account or virtual sessions.

Group Expectations and Virtual Hygiene

Virtual group hygiene refers to the practices and behaviors that contribute to effective and productive virtual group experiences.

1. **Meeting Preparation:** Close unneeded applications on your computer to keep the video optimally functioning. Make sure you have a reliable internet connection.
2. **Limit Distractions:** Make every attempt to attend the session in a location where there will be minimal distractions (visual and noise). Do not eat during a session - this can be very distracting for other group members. Make sure anyone else in your location knows that you are attending a session and ask not to be interrupted.
3. **Mute Your Mic:** When not speaking, mute your mic to avoid background noise and distractions.
4. **Video Etiquette:** Mute your video if you're doing something that might be distracting to others.
5. **Effective Communication:** Use clear and concise language, and let others know when you've finished speaking.

6. **Be Attentive:** The quality of the group experience is dependent on your participation and attention. Please listen attentively as others speak, monitor yourself for speaking too much, and practice being truly present.
7. **Kindness and Respect:** This is expected of everyone in the group and granted to everyone in the group.
8. **Boundaries:** You are responsible for setting your boundaries around what you are comfortable sharing with others. It is ok to say you are not comfortable talking about something.
9. **Respect Others' Time:** Sessions should start and end on time, and casual chit-chat should not take up too much of the session.

Remember, these are general guidelines, and the specific expectations may vary based on the group's goals and working style. The group expectations will be reviewed at the start of each session.