



## Terms of Service

**Last Updated: May 19, 2026**

Welcome to <https://www.wellness-strat.com/> (and associated booking pages and services), operated by **Wellness Strategies, PLLC** ("Wellness Strategies," "we," "us," or "our"). These Terms of Service ("Terms") govern your access to and use of our website, booking calendar, contact forms, and any related services.

By accessing or using the Website, you agree to be bound by these Terms. If you do not agree, please do not use the Website.

### Informational Purposes Only

All content on this Website is for general educational and informational purposes regarding wellness strategies, functional medicine, and health optimization. It is **not** intended as medical advice, diagnosis, or treatment. Nothing on this Website creates a provider-patient relationship. Always consult with a qualified healthcare provider for personalized medical advice.

### Our Services and Licensing Scope

- **Washington State Residents:** We may offer licensed medical services, including telemedicine (virtual video visits), within the scope of practice of our licensed providers and in full compliance with Washington state laws and regulations.
- **Out-of-State Individuals:** Services are provided solely as **health coaching and wellness strategy sessions**. These are non-medical, educational, and supportive in nature. We do **not** provide medical diagnosis, treatment, or prescriptive services to individuals located outside of Washington state.

A formal provider-patient relationship (for medical services) is established only after proper intake, identity verification, informed consent, and scheduling through our secure, HIPAA-compliant systems. Browsing the website or submitting a general inquiry does not create any such relationship.

### No Protected Health Information (PHI) via Public Channels

We strongly encourage you not to submit any Protected Health Information (PHI) or detailed health concerns through public contact forms or unsecured channels. However, we have executed a **Business Associate Agreement (BAA)** with GoHighLevel (our platform provider) to safeguard any inadvertent PHI that may be submitted through our booking, forms, or messaging systems.

All health-related communications and records are handled through HIPAA-compliant systems protected by this agreement.

### SMS / Text Messaging

By providing your phone number and opting in, you consent to receive automated and non-automated text messages from Wellness Strategies for appointment reminders, scheduling, and other transactional or service-related communications.

- Message and data rates may apply.
- Message frequency may vary.
- To cancel, text **STOP** to our number.
- Text **HELP** for assistance.
- Carriers are not liable for delayed or undelivered messages.

### **Shop Affiliations and Affiliate Links**

We may include affiliate links to third-party retailers. We may earn a commission at no extra cost to you on qualifying purchases. We are not responsible for the quality, safety, or policies of third-party sites.

### **User Conduct**

You agree not to submit PHI or sensitive health information through public channels unless using our designated secure forms covered by our HIPAA protections.

### **Intellectual Property**

All content on the Website is owned by Wellness Strategies or its licensors and protected by copyright.

### **Disclaimer of Warranties and Limitation of Liability**

The Website and its content are provided “as is” without warranties of any kind. To the fullest extent permitted by law, Wellness Strategies shall not be liable for any damages arising from your use of the Website.

### **HIPAA and Privacy**

We take the protection of health information seriously. We have entered into a **Business Associate Agreement with GoHighLevel**, our primary platform provider, to ensure HIPAA compliance for any PHI that may be transmitted through our systems. Our public website is designed to minimize the collection of PHI, and we direct all substantive health communications to secure, HIPAA-compliant channels.

Please refer to our **Privacy Policy** for full details on data handling, including compliance with Washington’s My Health My Data Act.

### **Governing Law**

These Terms are governed by the laws of the State of Washington. Any disputes shall be resolved exclusively in the courts located in Spokane County, Washington.

### **Changes to These Terms**

We may update these Terms. Continued use after changes constitutes acceptance of the revised Terms.

### **Contact Us**

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