



INFORMED CONSENT FOR IN-PERSON SERVICES DURING COVID-19 PANDEMIC

This document contains important information about our decision (yours and The Body Mind Center's [TBMC's]) to resume in-person services in light of the COVID-19 public health crisis. Please read this carefully and let me know if you have any questions. It will be an official agreement between us once it is signed.

Decision to Meet Face-to-Face

In accordance with TBMC's Covid-19 Office Policy, Procedures & Precautions (which can be found on pages 3 and 4 in the Welcome Packet and on the website on the "About" page), 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, however, TBMC will implement precautions as outlined in the aforementioned Policy, Procedures & Precautions. If you have concerns about meeting through telehealth, we will talk about it first and try to address any issues.

If you decide at any time that you would feel safer staying with, or returning to, telehealth services, I will respect that decision. Reimbursement for telehealth services, however, is also determined by the insurance companies and applicable law, so that is an issue we may also need to discuss.

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. This risk may increase if you travel by public transportation, cab, or ridesharing service.

Your Responsibility to Minimize Your Exposure

To obtain services in person, you agree to take certain precautions which will help keep everyone (you, me, our families, and other clients) safer from exposure, sickness and possible death. If you do not wish to adhere to these safeguards, it's ok and we can meet virtually. Please initial each of the following to indicate that you understand and agree to these actions for in person therapy sessions:

- Bring in your original proof of covid vaccination card so a copy can be placed in your chart.
- Only keep your in-person appointment if you are symptom free.
- Take your temperature before coming to each appointment. If it is elevated (100 Fahrenheit or more), or if you have other symptoms of the coronavirus, you agree to cancel or notify me of the need to switch to a virtual session.
- Wait in your car or outside until you receive a text saying it's ok to enter.
- Wash your hands or use the alcohol-based hand sanitizer provided upon entering.
- Adhere to the safe distancing precautions set up inside the office.
- Wear a mask in all areas of the building and inside the office, as will I & our staff.
- Keep a distance of 6 feet & have no physical contact (e.g., no shaking hands, etc.).
- Try not to touch your face or eyes with your hands. If you do, you'll immediately wash or sanitize your hands.
- People who might accompany you to your appt. will wait for you in the car or outside.
- Take steps between appointments to minimize your exposure to COVID, as will I & our staff.
- Immediately let me know if you have a job that exposes you to other people who are infected.

- _____ Let me know if your commute or other responsibilities or activities put you in close contact with unvaccinated others (beyond your family).
- _____ Let me know immediately if a resident of your home tests positive for the infection or has to quarantine due to suspected or actual exposure. Virtual appts. will occur until the illness or quarantine is over.
- _____ Understand that in person visits may not be available for every therapist of The Body Mind Center, due to their personal/professional needs.
- _____ Understand and agree that TBMC reserves the right to require telehealth appointments of any or all clients versus in person appointments if TBMC feels it is necessary to maintain the safety of TBMC staff and clients.

TBMC may change the above precautions if additional local, state or federal orders or guidelines are published. If that happens, we'll talk about any necessary changes.

TBMC's Commitment to Minimize Exposure

TBMC has detailed the steps we are taking to reduce the risk of spreading the coronavirus within the office. You can find these efforts outlined in **Office Safety Precautions to Reduce Covid-19 Exposure**.

If You or I Are Sick

I know you and I are both committed to keeping you, me, TBMC staff and all of our families safe from the spread of this virus. If you arrive to an appointment and appear to have a fever or other symptoms, or I believe you have been exposed, I will regretfully have to require you to leave the office immediately and we can follow up with services by telehealth as appropriate.

Clients who test positive for COVID and have attended an in-person therapy session in the past 2 weeks must notify their therapist immediately. If you should test positive for COVID, in-person services will pause and telehealth will resume, for the duration of two weeks or until you are cleared by a doctor.

If I or TBMC staff test positive for the coronavirus, I will immediately notify you so you can take appropriate precautions.

Your Confidentiality in the Case of Infection

If you have tested positive for the coronavirus, I may be required to notify local health authorities that you have been in the office. If I should have to report this, I will only provide the minimum information necessary for their data collection and will not go into any details about the reason(s) for our visits. By signing this form, you are agreeing that I may do so without an additional signed release.

Informed Consent

This agreement supplements the general informed consent/consent to treat that we agreed to at the start of our work together.

Your signature below shows that you agree to these terms and conditions.

Client

Date

TBMC Therapist

Date