



## **Acknowledgment and Consent**

By consenting to participate in a Health-in-a-Box Program, I agree:

- (a) to engage in the program protocol as purchased either by me and/or by my organization on my behalf, from Health-in-a-Box, a subsidiary of Innovation Health Group Inc. ("IHG"), a company incorporated under the laws of the Province of Ontario, Canada; and,
- (b) that the terms of this Acknowledgement and Consent shall be governed by the laws of the Province of Ontario, and the laws of Canada applicable therein.

I understand that the program being offered supports my wellness and provides insights into how I can improve my resiliency against developing certain medical conditions. This program is not to be considered treatments for any chronic medical conditions. Testing programs are not designed to be the only source of health care that I receive. They do not replace the role of a general health care practitioner. They are to be considered a supplement to my health care regime. It is recommended that I forward my results to my physician for review. This will aid in my full understanding of the results. My physician may suggest that further investigative tests be conducted based on these findings. Testing programs taken in isolation do not confirm the presence or absence of potentially serious medical conditions.

I am aware that Dr. Elaine Chin, as Medical Director for Health-in-a-Box, is overseeing the processes from laboratory kits being sent to me, the instructions for testing, review of the laboratory testing protocols including receipt of test results and coaching services as well as oversight of the Patient Health Record. Dr. Chin and/or her designated coaching team will be making lifestyle recommendations based on my test result but will not be able to prescribe medical therapy. I should follow up with my personal physician should I have any medical concerns or further medical questions

Coaching is provided by fully accredited or licensed contractors of Health-in-a-Box.

I am aware that testing of my biological specimens is required for my health program. Any or all of these may be sampled and utilized in the testing: blood, saliva, urine or cheek swab. I acknowledge that testing analysis is completed within licensed and certified laboratory in either Canada or the United States. However, as with any laboratory test, there is a possibility that a laboratory error may occur or that no results are obtained. The quality of results can vary based on the quantity and quality of the samples provided for testing.

1. I understand that my test results are sent directly to the office of Dr. Elaine Chin in Toronto, Canada, from laboratories accredited in Canada and the United States. I am aware that the results from testing these samples will be placed into my Personal Healthcare Record, MyWellnessFile, which I will have access to for one year from the

date of purchase. The results are confidential. The office of Dr. Chin will not share the information with outside parties, including other healthcare professionals or government healthcare departments, federal provincial or state, unless I have specifically requested, in writing, that this be done. Health-in-a-Box is compliant with legislation relating to privacy, confidentiality, and the collection, storage and dissemination of personal information as established by the Personal Information Protection and Electronic Documents Act and the Health Insurance Portability and Accountability Act.

I understand that participating in this program is totally voluntary and that I can cease to participate at any time.