



(Compás Sláinte) Emmet Quigley - Health and Wellness Coaching service.

Hello and welcome.

I provide a helpful guide for you to access the ***Practice Better*** (Telehealth) online coaching platform which you and I will access for the purpose of our health coaching sessions.

The ***Practice Better*** platform is a specifically designed online health and wellness practice tool used by health and wellness practitioners around the world. I have my account with ***Practice Better*** to enable a safe, secure, professional and user friendly method to deliver health and wellness coaching online.

In addition to ***Practice Better*** enabling you and I to engage in health coaching online, the (Practice Better) platform has useful facilities for you the client to access during your coaching programme. For example, book and change our coaching sessions to best suit you, access your personal health goals data, record your food, mood and physical activity records, update your Wellness Vision and Health Goals plan anytime you choose. Simply log in to your personal portal account on ***Practice Better***. I can also keep in contact with you between our scheduled sessions to offer further encouragement and support to assist you in your health goal strategies.

Let us look at the options available in getting connected with the ***Practice Better*** facility.

Option 1. PC/Laptop: visit www.practicebetter.io website on your internet browser.

Option 2. Mobile Apps: please download either - (**Better by Practice**) App for [iPhone/iPad on the iTunes App Store](#), or the (**Better by Practice Better**) App [on Google Play store](#).

Upon you and I having agreed to enter in to a coaching relationship programme and you providing me with your email address I shall send you an invite to join me on the ***Practice Better*** platform. Follow the step by step instructions to set up your personal portal for you to use. Once you have created your account, thereafter you only need to sign in with your email and password.

Ever developing technology can sometimes prove challenging to use on occasions. Should you encounter any challenges, I am available via email and phone should you need to contact me for assistance.

I hope the ***Practice Better*** Telehealth is a helpful experience of health and wellness coaching. I look forward to coaching with you.

Warm wishes,

Emmet Quigley.

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