



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

I wish to provide a helpful guide for you to access the ***Practice Better*** (Telehealth) Online Coaching Platform which you and I will use for our Health Coaching Sessions. ***Practice Better*** is a specifically designed Online Health and Wellness Practice Tool and is widely used by Health and Wellness Practitioners. My ***Practice Better*** Facility enables a Secure, Effective and User-Friendly Online Health and Wellness Coaching experience for You.

Practice Better enables you and I to engage in Telehealth (Zoom) Online Coaching and has other useful features. For example, Book and Change our Coaching Sessions to best suit you. Access your Personal Health Goals data, Record/Update your Food Choice Intake, Physical Activity, Mood and Sleep Journals and **Your Wellness Vision Goal Plan** anytime you choose. Simply Log-in to your ***Practice Better Portal/Account***.

I can also keep in contact with you between our scheduled sessions to offer further resources, encouragement and support to assist your Health and Well-Being Goal Action 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: 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 agreeing to enter a **Coaching Program**, and you providing me with Your Email Address, I will send you an Invite to join me on the ***Practice Better*** platform. Follow the Step by Step Instructions to Set Up your Personal Portal/Account. Once you have created Your Portal/Account, thereafter you only need to Sign in with your Email and Password.

Occasionally I will run Webinars/Workshops via (**Practice Better**) which may interest you? Past, Present and Prospective Clients will be invited to attend Webinars/Workshops via My Practice Better facility. Keep an eye out for Emails regarding Webinar/Workshops available.

I hope you find the ***Practice Better*** Telehealth feature to be a helpful and enjoyable way of experiencing Health and Wellness Coaching with me.

I look forward to coaching with you.

Warm Wishes,


HEALTH & WELLNESS COACH

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