[INSERT CENTER NAME] is excited to introduce to you an innovative tool to help enhance your efforts toward recovery. Nourishly is a free mobile application that allows you to track and reward your progress and practice important coping strategies on a daily basis.

During your first week in the program, you will be introduced to Nourishly and given training on how to make use of its many features. Most individuals find Nourishly easy to use once they learn to navigate the system. Your therapist and dietitian have been trained on Nourishly as well and can answer questions you might have. You are also welcome to contact Nourishly directly through the app for technical support.

Your team will help you to understand how you will be asked to use Nourishly during your time in the program. If you have time away from programming, we recommend that you also use the tool outside of treatment to enhance your recovery and stay on track.

There are a few important things for you to know about Nourishly:

* Nourishly is HIPPA-compliant. This means that your information is kept private and confidential, even when shared with your treatment team via the app.
* Nourishly will NOT be reviewed on a daily basis.
* Your therapist and RD will review the information you enter in Nourishly only during normal business hours once weekly and will not be reviewing logs on days that they are out of the office.
* When downloading and setting up your Nourishly account, you will be asked to read and accept the Terms of Use and Privacy Policy. These state, among other information, that Nourishly is not for emergency use. As always, in the event of an emergency, please contact staff or visit your nearest emergency room.
* If you are participating in group programming, you will be expected to use cell phones appropriately. Therefore, you may not take pictures of peers, staff or the treatment center with electronics or cell phones and may not post pictures of treatment center, other patients or staff on social websites, or in anyway reveal the identity of peers in treatment to anyone outside the treatment setting.
* Nourishly provides information, not medical, legal, or psychological advice, diagnoses, or treatment.
* Nourishly is a wonderful tool, but only one of many in your recovery. We encourage you to not only self-monitor via the app, but also continue to share your experiences in person with peers and staff.
* You are encouraged to use Nourishly during the times indicated by your team and can also use it at other times you feel it would be helpful.
* In the event of going on leave from treatment (ie. if needing hospitalization elsewhere), your team at [INSERT CENTER NAME] will not be reviewing logs or providing feedback in Nourishly, but it can be reviewed upon your return.
* When you are discharged from [INSERT CENTER NAME], you will no longer be connected via the app to your treatment team. You may continue to use Nourishly on your own free of charge and/or with your outpatient team.

We hope that Nourishly will provide another useful tool in your recovery process. Please sign below to indicate that you have read and understand the information in this agreement.

*Signature*

*Printed Name*

*Date*