

Program Pause

Pressing Pause

Sometimes life throws a curveball that may make it difficult for you to pay attention to your health journey in the way you'd like. Our primary goal is to find a way to make it work so you don't have to pause your healthcare program with us, but of course, there are times this is unavoidable.

The Process

Once you've had an opportunity to talk with your practitioner or health coach and determined that pausing your program is necessary, here are the conditions:

- The maximum time allowed for in-program pausing is up to 8 weeks
- 2 weeks before the end of the agreed pause date, we'll reach out to you by email to confirm next steps for getting you back into program, and scheduling appointments with your healthcare team
- Your Slack and Notion accounts will remain active, but support will be on hold during this time (including dispensing of supplements)
- Your MFM healthcare program is not a subscription service. If, for convenience, you have elected to use Ezidebit for payment of your program, these payments will continue as scheduled, while your program is paused.

Please confirm in writing you have read the above and understand the terms of the program pause. Once approved, we'll reach out via email to confirm your program adjusted dates.

