

Community rules, standards and guidelines:

Your Wellness Room (YWR) provides an online Community with the desire to keep a safe and uplifting environment where users can connect and find support in reaching their goals. By participating in the community you will have an opportunity to share your opinions and to help others as well. When you post and/or share/generate content in YWR you agree to abide by the following standards:

- Please be positive. Everyone needs encouragement and that is the primary goal of our community sites. Go out of your way to make everyone feel welcome.
- Have an open mind and recognize that everyone is different, and that's ok. Please give others the benefit of the doubt.
- Please respect others' opinions whether you agree with them or not. Everyone should have the opportunity to voice an opinion (which also must follow the standard guidelines) without fear of reprisal, being harassed or embarrassed. Please extend to others the same courtesy that you would like to have extended to you.
- Do not enter into confrontations with others regarding posts that you do not agree with. Do not belittle a posted entry or the person who posted.
- Refrain from making negative comments. If someone has violated the Community Guidelines, report it to YWR rather than entering into a confrontation. Let's keep things positive. Do not post images that may be considered inappropriate. We do not allow pictures that are sexually suggestive, revealing or explicit. We do not allow pictures in undergarments or anything else that the YWR staff determines is not appropriate for this site. Pictures taken and publicly displayed to show your weight loss progress must follow the above guidelines. We recommend tight fitting spandex clothing.
- No profanity or comments of an explicit nature will be allowed on this site.
- No comments/posts that could be considered harassment or threatening or an attack are allowed.
- No product promotion, advertising or posts submitted with the purpose of commercial intent is permitted unless given specific written permission by YWR.
- You may not solicit donations or submit links that solicit donations for any event, including Charities.
- You may not post surveys.
- You may not post anything that originates from or is about a competitor or their website that may result in damage or harm to YWR as determined by YWR staff. For example, do not promote a diet plan or weight loss plan that competes with Diet Free Life.
- No comments or posts may be religious or political in nature.
- When sharing personal information please keep in mind that it may be viewed by *many* people, most of whom you do not know.
- You may edit any of your posts.
- All publicly shared comments or posts in the community are not considered confidential information. This content may be used by YWR in any way without requiring consent from the originator. YWR is HIPAA compliant, meaning YWR will never reveal your personally identifying health information.
- If you post articles or news reports, please write a brief description of the article and provide a link to the body of the text on the original site. Do not copy or post anything that is copyrighted including photographs, graphics, images, articles, audio, news reports, unless you have obtained written permission from the copyright owner(s).
- Do not share any private correspondence between yourself and YWR staff.
- Our community boards and blogs are a place to share your experience, give advice and seek information and support from fellow YWR members. If you are experiencing serious issues such as depression, thoughts of suicide or other harmful situations, please seek help with a qualified professional. YWR is not intended to replace professional treatment.
- The opinions expressed in the community are not the views of YWR and YWR disclaims any liability for damages of any kind that result from member posts or opinions.
- YWR has the right to remove any posts that it deems do not meet these standard guidelines.
- YWR reserves the right to terminate Community participation for failure to comply with Community guidelines, or for any other reason we deem appropriate. If you see an inappropriate post or one that violates these Standard Guidelines please report it to YWR staff.

Thank you for joining us. We hope you will enjoy new friends and great success as you share your journey within our Community. Here's to Eating Well, Moving Well, Sleeping Well and Feeling Well!