



SOCIAL MEDIA POLICY AND DISCLAIMER

Simple and Easy Nutrition currently runs one Facebook page called 'Simple and Easy Nutrition' and one 'closed' Facebook Group called 'Simple and Easy Nutrition (Suraya Nikwan) Support Group'.

This document was created to ensure that you are aware of the rules and policies surrounding the use of this page. This is to protect yourself, Simple and Easy Nutrition and your fellow members/page contributors. This document also outlines how and if your information will be used by Simple and Easy Nutrition. By joining the groups/page, you consent to these rules.

- The Support Group should be a supportive environment for clients of Simple and Easy Nutrition. This supportive environment extends to support regarding the nutrition, lifestyle, support for physical activity and other lifestyle factors following weight loss surgery. Only supportive behaviours are acceptable. Any post causing admins any concern will be deleted.
- Suraya Nikwan or Simple and Easy Nutrition, take no responsibility for the posts provided by members on the Facebook page called 'Simple and Easy Nutrition' and one 'closed' Facebook Group called 'Simple and Easy Nutrition (Suraya Nikwan) Support Group'.
- We will not tolerate any defamatory or derogatory comments of Simple and Easy Nutrition representatives, treating medical team (surgeons), or members of either page/group.
- If you choose to take the advice of persons not qualified in nutrition and dietetics from the Support Group of Facebook Page, then this is your own personal choice and risk. **It is recommended that you choose/consult with Suraya Nikwan of Simple and Easy Nutrition before making changes to your diet/lifestyle.** Please be aware of the evolving nature of nutrition science and that some older posts may be out of date. If you are unsure, please check with your own Accredited Practising Dietitian for the latest evidence on any nutrition science topic.
- **The advice provided as part of the Facebook Page or Support Group is not personalised advice.**
- Contact between individuals that are members of this Facebook Page and Support Group is your own responsibility. Simple and Easy Nutrition and representatives take no responsibility for the communication between people or actions in this way. Personal information shared via the support group or by private message is undertaken at your own risk and you need to be aware of the open nature of internet communications.
- **Please protect your own privacy and safety.** We suggest that sensitive information is not shared or stored on any public computer, especially where other people have access to this.
- Any person under the age of 18 is not permitted on the Support Group, unless consent (verbal or written) is obtained from their parent/guardian.
- These Facebook Pages and Support Groups are provided under Australian Law. We have no responsibility of our services for our overseas guests/visitors.
- Simple and Easy Nutrition, Suraya Nikwan and representatives take no responsibility whatsoever for any information found on other websites accessed via the links and resources provided in the group or associated private messages.
- 'Private Messaging' Suraya Nikwan or Simple and Easy Nutrition does not constitute professional contact. Please email or call the appropriate avenues.
- **Individual medical advice is not provided – you should always consult your doctor in the first instance in the case of medical problems or queries. You should also not make changes to your medical management without first consulting with your medical team and own Accredited Practising Dietitian.**

Implemented as of 7 March 2017. All previous posts now need to apply to this policy.