

## **Maryland Complementary Wellness Practitioner Act**

**I have developed a concept framework based on laws adopted in several other states that could help Maryland address this issue.**

### **Fact Sheet**

#### **The Issue**

Many Maryland residents seek complementary wellness services such as nutritional guidance, herbal education, wellness coaching, and other holistic approaches that support overall health and wellbeing.

Hundreds of complementary wellness practitioners operate throughout Maryland, offering services such as nutritional guidance, herbal education, wellness coaching, and other non-invasive approaches that support overall wellbeing. These practitioners serve thousands of Maryland residents who are seeking preventative and lifestyle-focused wellness support.

These services are typically non-invasive and focus on lifestyle education, wellness support, and prevention rather than diagnosing or treating disease.

However, Maryland currently lacks a clear legal framework for many complementary wellness practitioners. As a result, trained practitioners may face uncertainty and risk being accused of practicing a licensed healthcare profession without a license, even when they do not diagnose or treat disease.

#### **What This Proposal Does**

Establishes a legal category for **Complementary Wellness Practitioners** who provide non-medical wellness services.

The proposal would:

- Allow non-invasive wellness services intended to support general wellbeing
- Require written client disclosure explaining the nature of services
- Clearly distinguish wellness support from licensed medical practice
- Provide transparency and consumer protection

#### **What This Proposal Does NOT Do**

The proposal **does not allow practitioners to practice medicine.**

Complementary wellness practitioners would **not be allowed to:**

- Diagnose disease
- Treat medical conditions
- Prescribe medications
- Perform invasive procedures
- Represent themselves as licensed medical providers

Licensed medical practice would remain fully regulated under existing Maryland law.

### **Consumer Protection Safeguards**

Practitioners would be required to provide clients with written disclosure explaining:

- practitioner education and training
- services being provided
- statement that the practitioner is not a licensed physician
- statement that services are not medical treatment
- recommendation to seek licensed medical care when appropriate

These safeguards ensure transparency and informed consent.

### **Why This Matters**

- ✓ Improves **consumer transparency and protection**
- ✓ Provides **regulatory clarity** for practitioners and regulators
- ✓ Supports **small businesses and wellness professionals**
- ✓ Respects **consumer choice** for complementary wellness services
- ✓ Aligns Maryland with other states that have adopted similar frameworks

### **Other States with Similar Laws**

Several states have already enacted laws that create legal frameworks for complementary wellness practitioners, including:

- Minnesota
- Arizona
- California
- Rhode Island

- Oklahoma
- New Mexico

These laws maintain clear boundaries between wellness services and licensed medical practice while protecting consumers through disclosure requirements.

### **Key Message**

This proposal **does not expand the practice of medicine.**

It simply creates legal clarity for **non-medical wellness services that Maryland residents are already seeking**, while strengthening transparency and consumer protection.

### **Contact**

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