

# Terms & Conditions for Podcast Interview

## PODCAST WAIVER AND RELEASE

Stress Free LLC (the “Company”) creates and produces a podcast called The Stress Free MD Podcast (the “Podcast”). Guest (the “Guest,” “I,” or “me”) has agreed to appear on the Podcast and agrees as follows as a condition of appearing:

I consent to the audio and video recording of the interview and further agree that the Company shall be the exclusive owner of all rights, title, and interest in the interview. To the extent I might otherwise have any interest in the interview and/or any recording of it, I hereby irrevocably transfer, assign, and otherwise convey to Company my entire right, title, and interest, if any, in and to the interview, including all copyrights and other intellectual property rights in the interview.

To the extent I provide any copyrighted material during the Podcast, I hereby grant the Company a non-exclusive, royalty-free, perpetual, worldwide license to publish such copyrighted work.

I recognize and agree that the Company shall have exclusive rights to edit the content of the interview prior to its publication and has the right to make derivative works using the interview.

I hereby irrevocably permit Company to use my name, image, likeness, appearance, voice, professional and personal biographical information, and all materials created by or on behalf of Company that incorporate any of the foregoing in perpetuity for any legal purpose, including but not limited to advertising, public relations, publicity, packaging, and promotion of Company and its businesses, products, and services, without further consent from or royalty, payment, or other compensation to me.

I agree that I will not receive any monetary compensation for my appearance but will instead receive the intangible value of exposure by appearing on the Podcast, which I recognize as valuable consideration.

To the fullest extent permitted by applicable law, I hereby irrevocably waive all legal and equitable claims relating to or arising out of my appearance on the Podcast and from the Company’s subsequent reproduction and distribution of the Podcast.