



SMS Privacy Policy

Mental Physiquez protects your privacy and personal information. By signing up for SMS notifications, you agree to the following:

1. **Data Collection:** We collect your phone number and name as necessary for appointment reminders and notifications.
2. **Data Usage:** We use your data to send appointment reminders and notifications.
3. **Data Security:** We use industry-standard encryption and access controls to safeguard your information.
4. **Data Retention:** Your data is kept only as long as required by healthcare regulations. After this period, it is deleted unless otherwise mandated by law.
5. **Opt-Out:** To stop receiving messages, reply STOP to any SMS. We will process your request within 24 hours and discontinue sending messages.
6. **Non-Sharing Clause:** We do not share your information with third parties for marketing. Information is shared only with our SMS provider for the secure delivery of messages.

SMS Terms and Conditions

By providing your mobile number, you agree that Mental Physiquez may send you periodic SMS or MMS messages containing but not limited to important information, updates, deals, and specials.

1. You will receive up to 4 messages per month.
2. You may unsubscribe at any time by texting the word STOP to the number sending SMS messages. You may receive a subsequent message confirming your opt-out request.
3. For help, send the word HELP to the number sending SMS.
4. Message and data rates may apply.

5. United States Participating Carriers Include AT&T, T-Mobile®, Verizon Wireless, Sprint, Boost, U.S. Cellular®, MetroPCS®, InterOp, Cellcom, C Spire Wireless, Cricket, Virgin Mobile and others.
6. T-Mobile is not liable for delayed or undelivered messages.
7. You agree to notify us of any changes to your mobile number and update your account with us to reflect this change.
8. Data obtained from you in connection with this SMS service may include your cell phone number, your carrier's name, and the date, time and content of your messages, as well as other information that you provide. We may use this information to contact you and to provide the services you request from us.
9. By subscribing or otherwise using the service, you acknowledge and agree that we will have the right to change and/or terminate the service at any time, with or without cause and/or advance notice.

If you have any questions please contact Mental Physiquez at 330-442-5663

Will I be charged for the text messages I receive?

Though Mental Physiquez will never charge you for the text messages you receive, depending on your phone plan, you may see some charges from your mobile provider. Please reach out to your wireless provider if you have questions about your text or data plan.