

## **Terms and Conditions**

**Effective Date:** 3.8.2025

By opting in to receive SMS messages from Therapy By Design, LLC (“we,” “us,” “our”), you agree to these Terms and Conditions (Terms).

### **SMS Messaging Service**

By providing my phone number, I consent to receive SMS text messages from Therapy By Design, LLC for appointment reminders and general two-way communication about your relationship with Therapy By Design, LLC. Message and Data Rates may apply.

### **Message Frequency**

You will get more than one message from us unless you opt-out, and while messaging frequency varies, you will likely receive messages pertaining to your treatment with us as you request or as needed as treatment requires for scheduling, billing and miscellaneous communication with your provider. Therapy By Design, LLC reserves the right to alter the frequency of messages at any time to increase or decrease the total number of messages. Company and carriers are not liable for delays or undelivered messages.

### **Message and Data Rates**

Message and data rates may apply based on your mobile carrier’s terms.

### **Privacy Policy**

Your information will be handled in accordance with our [Privacy Policy](#) which you can find on our website

### **Cancellation/Opt-Out Instructions**

You can opt out of receiving SMS messages at any time by replying STOP to any message we send you. After you opt out of text messaging, you will receive one additional message confirming your request has been processed.

### **Help/Customer Support**

You may contact us directly at the number listed on our website or by email.

### **Liability**

We are not responsible for any charges, errors, or delays in SMS delivery or undelivered messages caused by your carrier or third-party service providers.

**Note:** Although Therapy By Design, LLC utilizes a HIPAA compliant mobile service, RingRX, there are risks of sending and receiving health information subject to HIPAA via text message, Text Messaging is NOT to be used for emergency situations. If you are experiencing an emergency call 911.