

By opting in to receive text messages from Centers for Cognitive Wellness, you acknowledge and agree to the following:

1. **SMS/MMS Rates:** Standard message and data rates may apply for SMS (Short Message Service) and MMS (Multimedia Messaging Service) communications. Please check with your mobile carrier for specific rates. Message frequency varies.
2. **Privacy and Data Security:** We are committed to protecting your privacy. Your personal information, including phone number, will only be used for communication purposes related to your services, including appointment reminders, updates, and relevant health information.
3. **No Sharing of Information:** No mobile information will be shared with third parties or affiliates for marketing or promotional purposes. All the stated categories in this privacy policy exclude text messaging originator opt-in data and consent; this information will not be shared with any third parties.
4. **Opt-Out Option:** You may opt out of receiving SMS messages at any time by replying “STOP” or to ask for more information by replying “HELP”. Upon opting out, you will no longer receive SMS communications from Centers for Cognitive Wellness.
5. **Consent:** By providing your phone number and opting into SMS messages, you consent to receive text messages for the purposes described in this policy. You may withdraw your consent at any time by following the opt-out instructions.

For questions or concerns about our privacy practices, please contact us at [info@cogwellness.com](mailto:info@cogwellness.com).