

SMS Terms & Conditions

By opting into SMS messages from Vasav Health & Healing, you consent to receive SMS communications from us. These messages may include appointment scheduling, appointment reminders, post-visit instructions, lab notifications, billing notifications, and other related communications. Message frequency may vary depending on the nature of the service.

Message and data rates may apply. For assistance, text HELP or visit our website at www.vasavhealth.com. To opt out at any time, text STOP to any message you receive from us.

1- SMS Consent Communication:

The information obtained as part of the SMS consent process will not be shared with third parties for marketing purposes.

2- Types of SMS Communications:

If you have consented to receive text messages from Vasav Health and Healing, you may receive messages related to the following:

- **Appointment reminders**
- **Follow-up messages**
- **Billing inquiries**

Example: "Hello, this is a friendly reminder of your upcoming appointment with Dr. Nair at Vasav Health and Healing on [Date] at [Time]. You can reply STOP to opt out of SMS messaging at any time."

3- Message Frequency:

Message frequency may vary. You may receive up to 5 SMS messages per week regarding your appointments or account status.

4- Potential Fees for SMS Messaging:

Please note that standard message and data rates may apply, depending on your carrier's pricing plan. These fees may vary if the message is sent domestically or internationally.

5- Opt-In Method:

You may opt-in to receive SMS messages from Vasav Health and Healing in the following ways:

- Verbally, during a conversation
- By submitting an online form
- By filling out a paper form

6- Opt-Out Method:

You can opt out of receiving SMS messages at any time. To do so, simply reply "STOP" to any SMS message you receive. Alternatively, you can contact us directly to request removal from our messaging list.

7- Help:

If you are experiencing any issues, you can reply with the keyword HELP. Or, you can get help directly from us by calling 469-731-0034

Additional Options:

- If you do not wish to receive SMS messages, you can choose not to check the SMS consent box on our forms.

8- Standard Messaging Disclosures:

- Message and data rates may apply.
- You can opt out at any time by texting "STOP."
- For assistance, text "HELP" or visit <https://vasavhealth.com/wp-content/uploads/2025/03/Privacy-Policy-for-SMS-1.pdf>
- Message frequency may vary