



THERAPEIA PSYCHIATRY AND COUNSELING PLLC NOTICE OF TEXT MESSAGING PRIVACY PRACTICES

THIS NOTICE DESCRIBES **TEXT MESSAGING** PRACTICES. PLEASE READ CAREFULLY.

PHI, also known as *protected health information*, is information about you, including demographic information, that may identify you and that relates to your past, present, or future health or condition(s), treatment, or payment for health care services and includes information that we have created or received regarding your health or payment for your health. It also includes both your medical records and personal information such as your name, social security number, address, and phone number. We take seriously the way in which this information is used and shared.

I. OUR PLEDGE REGARDING TEXT MESSAGING: We understand that health information about you and your health care is personal. We are committed to protecting health information about you via all electronic methods, including text messaging.

Accordingly, we want to ensure you understand your privacy around messaging and how you can opt-out of messaging at any time you choose.

II. MOBILE SMS PRIVACY POLICY as per CTIA – The Wireless Association (formerly Wireless Cellular Telecommunications and Internet Association) GUIDELINES 5.2.1:

- A. As a current or prospective customer, you understand that you can text us STOP at any time to opt out of receiving SMS text messages from us. You can text us HELP at any time to receive help.
- B. You understand that the messaging frequency may vary. Messaging & data rates may apply.
- C. You understand that your mobile information will not be shared with any third parties/affiliates for marketing/promotional purposes. All policies are followed as per CTIA guidelines 5.2.1.
- D. You understand that at any time if you want your information to be removed, you can contact us via our email address or regular mail.