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### **CONTENT YOU SUBMIT**

When using this Site, you may have the opportunity to submit reviews or feedback

regarding your experiences with us, and to participate in bulletin boards, chat areas, news groups, forums, communities, personal web pages, calendars, and/or other message or communication features designed to enable you to communicate with the public at large or with a group (collectively, "Communication Services"). You agree to use the Communication Services only to post, send, and receive messages and material that are proper and related to the particular Communication Service.

By way of example, and not as a limitation, you agree that when using a Communication Service, you will not post content that contains:

- Personal and confidential information, including phone numbers, addresses, and health information;
- Vulgar content, including offensive, derogatory, obscene, profane, or inflammatory language or content;
- Threats or personal attacks on others;
- Discriminatory content or hate speech, including content that advocates against groups of people based on their race, ethnic origin, religion, disability, gender, gender identity, sexual orientation, age, or veteran status;
- Misrepresentations, including content submitted fraudulently on behalf of others or that misrepresents your identity or connection with us or our practice;
- Non-applicable content, including posts that are not specific to us or our practice;
- Advertising or solicitations;
- Illegal content; or
- References to or information about ongoing legal matters or proceedings.

You further agree that you will not:

- Upload files that contain software or other material protected by intellectual property laws (or by rights of privacy or publicity) unless you own or control the

rights thereto or have received all necessary consents.

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- Violate any code of conduct or other guidelines which may be applicable for any particular Communication Service.
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## **SMS Communications**

1) SMS Consent Communications: The information (Phone numbers) obtained as part of the SMS consent process will not be shared with third parties for marketing purposes,

2) Types of SMS Communication:

If you have consented to receive text messages from Ascend Psychiatry, 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. [Name] at [Location] on [Date] at [Time]. You can reply STOP to opt out of SMS messaging from (Brand Name) at any time."

3) Message Frequency: Message frequency may vary. You may receive up to 2 SMS messages per week regarding your appointments or account status."

4) Potential Fees for SMS Messaging: Note that standard message and data rates may apply.

5) Opt-In Method: Opt-in via sign-up form on website

6) Opt-Out Method: Customers can opt out by replying "STOP" to any SMS message

7) Help: Customers can reply with the keyword HELP for assistance or visit the provided link.