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***EMPOWER. NOURISH. HEAL.***

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## **Nutritious Thoughts' Appointment Reminders & Use of Contact Information Policy**

By supplying your telephone number, email address and other personal contact information you are authorizing Nutritious Thoughts to use and disclose your Protected Health Information (PHI) to contact you. This message may include the name of your provider, the time and place of your scheduled appointment(s), and other limited information, for the purposes of notifying you of a pending appointment, a missed appointment, or balance due. We may notify you about your appointment utilizing an automated phone system, text message, a personal call, email, or by mail. This notification may involve leaving a detailed message on an answering machine or other automated or electronic equipment for such purposes, which could (potentially) be received or intercepted by others. You consent to the receiving of multiple messages per day from Nutritious Thoughts, when necessary. You also authorize Nutritious Thoughts to leave the message with another individual, if you are unavailable, at the number provided by you.