

SMS & Email Privacy Policy

Business: Stay in Motion PT

Website: StayinmotionPT.com

Effective Date: February 04, 2026

SMS Communications Consent

By providing your mobile phone number and opting in, you consent to receive SMS (text) messages from **Stay in Motion PT** using RingCentral. These messages may include appointment confirmations and reminders, scheduling or service-related notifications, customer support responses, and informational or promotional messages (if applicable). Consent to receive SMS messages is **not a condition of purchase**.

SMS Information We Collect

We may collect your mobile phone number, name (if provided), and message interaction data such as delivery status and opt-in/opt-out records.

SMS Use, Frequency & Fees

SMS information is used solely to deliver messages you have consented to receive and to maintain compliance records. Message frequency may vary. Message and data rates may apply depending on your mobile carrier.

SMS Opt-Out & Help

You may opt out at any time by replying **STOP**. Reply **HELP** for assistance. Once opted out, you will no longer receive SMS messages unless you re-opt in.

Email Communications Policy

When you provide your email address to **Stay in Motion PT**, you consent to receive email communications that may include appointment confirmations, scheduling information, service updates, educational content, and marketing or promotional messages (if applicable). Email communications are used to support your relationship with our practice.

Email Opt-Out

You may opt out of marketing or promotional emails at any time by using the unsubscribe link included in our emails. Transactional or service-related emails (such as appointment confirmations or required notices) may still be sent as necessary.

Data Sharing & Privacy

We do not sell, rent, or share your phone number, email address, or consent data with third parties for their marketing purposes. Your information is used only for communication with Stay in Motion PT and to comply with legal, regulatory, and carrier requirements. RingCentral acts solely as a service provider

for SMS delivery.

Data Security & Retention

We take reasonable administrative and technical measures to protect your personal information. Communication consent records are retained as required by applicable laws and regulations.

Changes to This Policy

We may update this policy from time to time. Updates will be posted on our website with a revised effective date.

Contact Information

Our business address, email address, and phone number are listed on our website:

StayinmotionPT.com. If you have questions about this policy or our communication practices, please contact us using the information provided there.