



SMS Text Messaging Consent & Opt-Out Agreement

for Silver Lake Direct Primary Care

Effective Date: ____ July 1, 2026 ____

At Silver Lake Direct Primary Care, we may use SMS/text messaging through [RingCentral](#) to communicate with patients regarding healthcare services, scheduling, billing, reminders, and occasional practice updates.

By providing your mobile phone number and selecting “Yes, I Opt In,” you acknowledge and agree to the following terms:

Consent to Receive SMS Messages

You consent to receive text messages from Silver Lake Direct Primary Care at the mobile number you provide. You can TEXT us at **802-209-0714** for information regarding our practice.. By texting us, you agree to receive text messages from Silver Lake Direct Primary Care. Reply STOP to opt-out; Reply HELP for support; Message & data rates may apply; Messaging frequency may vary. Visit [Silver Lake DPC Privacy Policy](#) to see our privacy policy and [Terms URL] for our Terms of Service.”

Messages may include:

- Appointment reminders
- Scheduling or rescheduling information

- Billing or membership notifications
- Practice announcements
- General healthcare-related communications

Message frequency may vary.

Standard message and data rates from your wireless carrier may apply.

SMS/text messaging is not intended for medical emergencies. If you are experiencing a medical emergency, call 911 or go to the nearest emergency room.

Opt-Out Instructions

You may opt out of receiving SMS/text messages from Silver Lake Direct Primary Care at any time.

To stop receiving text messages, reply with any of the following keywords:

- STOP
- UNSUBSCRIBE
- CANCEL
- END
- QUIT

After you send an opt-out request, you will receive a confirmation message and will no longer receive SMS communications unless you later opt back in.

For assistance, reply HELP or contact our office directly.

Privacy

We will make reasonable efforts to protect your personal information in accordance with applicable privacy laws and our Notice of Privacy Practices. However, SMS/text messaging may not always be fully secure, and there is some risk that messages could be intercepted or viewed by others with access to your phone.

Please avoid sending highly sensitive or urgent medical information by text message.

Patient SMS Preference

Please select ONE:

☐ **YES — I OPT IN to receive SMS/text messages** from Silver Lake Direct Primary Care at the mobile number listed below.

☐ **NO — I DECLINE SMS/text messaging communications** from Silver Lake Direct Primary Care.

Contact Information

Silver Lake Direct Primary Care
102A Court Street
Middlebury, VT 05753
Phone: (802) 755-3207

Patient Acknowledgment

Patient Name: _____

Mobile Phone Number: _____

Signature: _____

Date: _____ July 1, 2026 _____