

Email and Text Communications Consent

In order to facilitate flexible communication, MaryJane Bembenek and Everyday Nutrition LLC may at times choose to communicate with you electronically via email and/or text message. While these communication mediums are convenient and easy for staying connected, MaryJane Bembenek and Everyday Nutrition LLC cannot ensure the security of such communication mediums.

This sheet provides information about the risks of communicating via email or text, guidelines for email or text communication, and how Everyday Nutrition LLC uses email or text communication. Please carefully read each of the following sections.

Risks associated with email and text communications

The ability to print, circulate, forward and store messages in paper and electronic formats;

The ability to backup or archive copies of emails or texts even after deleting from computers, smartphones, tablets, etc;

Message retrieval by unintended recipients;

Unauthorized or undetected interception, alteration, forwarding, or use of messages by unintended recipients;

Message senders accidentally mistyping the intended recipient's email address or phone number;

Unknowingly downloading or otherwise introducing viruses and malware onto computer, smartphone, tablet, etc. operating systems.

How we use text and email at Everyday Nutrition LLC

We will email/text correspondence to established clients with their consent, and in the case of a minor, the consent of their parent/guardian as well. All emails that are not for scheduling purposes exclusively to or from you will be made a part of your client file. Texts for purposes other than scheduling will be noted in the client file. You have the same right of access to such emails as you do to the remainder of your client file. We will not disclose your emails to others unless required by state or federal law.

While we try to respond to email messages daily, it may take up to two (2) working days for us to respond to your message. If you have not heard back from us within two days, please follow up by calling us.

Client Consent

I elect to communicate with MaryJane Bembenek and Everyday Nutrition LLC by email/text. I understand the risk of communicating by email/text, in particular the privacy risks explained in this form. I understand that Everyday Nutrition LLC cannot guarantee the security and confidentiality of email/text communication.

Everyday Nutrition LLC cannot be responsible for messages that are received or delivered due to technical failure, or for disclosure of confidential information not caused by intentional misconduct.

I understand that I may revoke this consent at any time by doing so in writing. My revocation of consent will not affect my ability to obtain future services nor will it cause the loss of any benefits to which I am otherwise entitled.

I understand and agree with the information contained in this form and give my consent for email/text communication to and from MaryJane Bembenek and Everyday Nutrition LLC.

Client Name:

Client Signature:

Date:

Preferred Email Address:

Preferred Cell Number: