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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 the 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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- Download any file posted by another user of a Communication Service that you know, or reasonably should know, cannot be legally distributed in such manner.
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- Restrict or inhibit any other user from using and enjoying the Communication Services.
- Violate any code of conduct or other guidelines which may be applicable for any particular Communication Service.
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## **MESSAGING SUMMARY**

By opting into our SMS messaging service, you agree to receive text messages from Laguna Niguel Optometry regarding your appointments, feedback requests, and office notifications. Message frequency may vary based on your interactions with our services.

### **Types of Messages:**

- Appointment Reminders: Notifications regarding upcoming scheduled appointments.
- Feedback Requests: Requests for feedback on the service you received.
- Office Notifications: Important updates, including changes to our operating hours.

**Message Frequency:** Messages will be sent periodically based on your appointments and interactions with our office. Frequency may vary depending on the services you utilize.

**Message and Data Rates:** Message and data rates may apply. Please check with your mobile carrier for details on messaging costs.

**Privacy Policy:** Your privacy is important to us. Please review our Privacy Policy at [LagunaNiguelOptometry.com](http://LagunaNiguelOptometry.com) to understand how we collect, use, and protect your information.

**HELP Instructions:** For assistance, text HELP or call our team at 949-495-1610

**STOP Instructions:** To opt out of SMS messages, text STOP to 949-495-1610. You will receive a final confirmation message, and no further messages will be sent unless you opt back in.

By continuing to use our SMS messaging service, you acknowledge and agree to these terms.