



Communication Terms and Conditions

Options Pregnancy + Health Messaging Program

By opting in, you agree to receive text messages from Options Pregnancy + Health. Messages may include appointment reminders, follow-ups, educational resources, and responses to inquiries you initiate.

Message Frequency:

Message frequency varies based on your interaction with our organization.

Message and Data Rates:

Message and data rates may apply depending on your mobile carrier and plan.

Opt-Out Instructions:

You may opt out at any time by replying STOP. For help, reply HELP or contact us at 830-629-7565 or info@optionsnb.org.

Customer Support:

Phone: 830-629-7565

Email: info@optionsnb.org

Privacy Policy:

Your information is handled in accordance with our Messaging Privacy Policy: [Messaging Privacy Policy.pdf](#)

Carrier Disclaimer:

Carriers are not liable for any delayed or undelivered messages.

Changes to Terms:

We may update these Messaging Terms and Conditions at any time. Continued participation in the messaging program constitutes acceptance of any changes.