

This Privacy Policy describes Our policies and procedures on the collection, use, and disclosure of Your information when You use the Service and tells You about Your privacy rights and how the law protects You.

We use Your Personal data to provide and improve the Service. By using the Service, you agree to the collection and use of information in accordance with this Privacy Policy.

- **Data Collection:** We will collect your name, email address, mailing address, and mobile phone number when you sign up for SMS updates. The information will be collected via the website contact form, email, rental agreement, or third-party reservation systems.
- **Data Usage:** We use your data solely for sending appointment reminders, updates, and other health-related services.
- **Data Security:** We protect your data with secure storage measures to prevent unauthorized access.
- **Data Retention:** We retain your information as long as you are subscribed to our SMS service. You may request deletion at any time.
- **MESSAGE AND DATA RATES MAY APPLY.** Your mobile carrier may charge fees for sending or receiving text messages, especially if you do not have an unlimited texting or data plan.
- Messages are recurring, and message frequency varies.
- Contact Balance Midwifery and Womens Health at 480-662-0714 or info@balancemidwifery.com for HELP or to STOP receiving messages.
- **Opt-Out:** You can opt out of the SMS list at any time by texting, emailing, or replying STOP or CANCEL to info@balancemidwifery.com or 480-662-0714. After unsubscribing, you will receive a final SMS to confirm you have unsubscribed and we will remove your number from our list within 24 hours.
- You can send HELP for additional assistance, and you will receive a text including our Phone number, email and website. We are here to help you.
- **Non-Sharing Clause:** We do not share your data with third parties for marketing purposes. Balance Midwifery and Womens Health will not sell, rent, or share the collected mobile numbers