

## Privacy Policy

**Effective Date:** March 30, 2026

Adjusted Health and Wellness (“we,” “us,” or “our”) respects your privacy and is committed to protecting the personal information you provide through our website, forms, scheduling tools, and communications.

This Privacy Policy explains how we collect, use, disclose, and safeguard your information when you visit our website, submit a form, request information, schedule services, or communicate with us by phone, email, or text.

### **1. Information We Collect**

We may collect the following types of information:

#### **Information you provide directly**

- Name
- Phone number
- Email address
- Mailing address
- Date of birth
- Insurance information
- Information submitted through contact forms, appointment requests, intake forms, or other website forms
- Information you provide when communicating with our office

#### **Automatically collected information**

- IP address
- Browser type
- Device information
- Website usage information
- Cookies and similar tracking technologies

### **2. How We Use Your Information**

We may use your information to:

- Respond to inquiries
- Schedule or manage appointments
- Provide requested services
- Send appointment reminders
- Communicate about treatment, services, office updates, or follow-up care
- Process forms and coordinate patient care
- Improve website performance and user experience
- Maintain business and medical records as required by law

### **3. Text Messages and SMS Communications**

By providing your mobile phone number through our website or forms, you consent to receive text messages from Adjusted Health and Wellness related to:

- Appointment scheduling
- Appointment reminders
- Office updates
- Follow-up communications
- Requested information about services

**Message and data rates may apply. Message frequency may vary.**

You may opt out of text messages at any time by replying **STOP**. For help, reply **HELP** or contact our office directly.

We do **not** sell, rent, or share your mobile opt-in data or text messaging consent with third parties for their own marketing purposes. FCC rules require consent for certain marketing texts and recognize that consumers may revoke consent in any reasonable way.

### **4. Sharing of Information**

We may share your information only as reasonably necessary with:

- Service providers that help us operate our business or website
- Scheduling, payment, or communication platforms
- Healthcare-related vendors involved in operations

- Legal, regulatory, or governmental authorities when required by law
- Other parties with your authorization or consent

We do not sell your personal information.

## **5. HIPAA and Protected Health Information**

If you become a patient, certain health information may be protected under applicable healthcare privacy laws and our Notice of Privacy Practices, where applicable. Website inquiries alone may not create a provider-patient relationship.

## **6. Cookies and Website Analytics**

Our website may use cookies, analytics tools, and similar technologies to understand website traffic, improve functionality, and enhance user experience.

You may adjust your browser settings to refuse cookies, but some parts of the website may not function properly.

## **7. Data Security**

We use reasonable administrative, technical, and physical safeguards to protect your information. However, no internet transmission or electronic storage system can be guaranteed to be 100% secure. The FTC recommends businesses inventory the personal information they keep, retain only what they need, protect it, dispose of it properly, and plan ahead for security incidents.

## **8. Third-Party Links**

Our website may contain links to third-party websites or tools. We are not responsible for the privacy practices or content of those third parties.

## **9. Children's Privacy**

Our website is not directed to children under 13, and we do not knowingly collect personal information from children through the website without appropriate authorization.

## **10. Your Choices**

You may contact us to:

- Request updates to your contact information
- Opt out of certain communications
- Ask questions about how your information is used

## **11. Changes to This Policy**

We may update this Privacy Policy from time to time. Any updates will be posted on this page with a revised effective date.

## **12. Contact Us**

### **Adjusted Health and Wellness**

24200 Via Mazzini Way, Suite 220

Richmond, TX 77406

Phone: 346-620-0055

Website: [www.adjustedhealth.info](http://www.adjustedhealth.info)

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## **Terms and Conditions**

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**Effective Date:** March 30, 2026

Welcome to the website of Adjusted Health and Wellness. By accessing or using this website, you agree to these Terms and Conditions. If you do not agree, please do not use this website.

#### **1. Use of Website**

This website is intended for general informational and business purposes. You agree to use the website only for lawful purposes and in a way that does not infringe on the rights of others or restrict their use of the site.

#### **2. No Medical Advice**

Content on this website is provided for general informational purposes only and is not medical advice, diagnosis, or treatment. Use of this website does not create a provider-patient relationship.

Do not disregard professional medical advice or delay seeking care because of information on this website. If you are experiencing a medical emergency, call 911 or seek immediate emergency care.

#### **3. Appointments and Website Forms**

Submitting a form or appointment request through this website does not guarantee an appointment or treatment. Appointments are subject to confirmation by our office.

You agree to provide accurate and complete information when using contact forms, scheduling requests, or other website features.

#### **4. Text Message Communications**

By submitting your phone number through our website, you agree that Adjusted Health and Wellness may contact you by call or text regarding appointments, follow-up, requested information, and office communications.

**Message and data rates may apply. Message frequency may vary.**

You may opt out at any time by replying **STOP**.

#### **5. Intellectual Property**

All content on this website, including text, graphics, logos, images, layout, and branding, is the property of Adjusted Health and Wellness unless otherwise stated and may not be copied, reproduced, or used without prior written permission.

#### **6. Third-Party Services**

This website may use or link to third-party tools or platforms, including scheduling, payment, mapping, analytics, or social media services. We are not responsible for the operation, availability, or content of those third-party services.

#### **7. Disclaimer of Warranties**

This website and its content are provided “as is” and “as available” without warranties of any kind, express or implied, to the fullest extent permitted by law.

We do not guarantee that the website will be uninterrupted, error-free, secure, or free from viruses or other harmful components.

#### **8. Limitation of Liability**

To the fullest extent permitted by law, Adjusted Health and Wellness shall not be liable for any direct, indirect, incidental, consequential, special, or punitive damages arising out of or related to your use of, or inability to use, this website.

#### **9. Indemnification**

You agree to indemnify and hold harmless Adjusted Health and Wellness, its owners, providers, employees, contractors, and affiliates from claims, damages, liabilities, costs, and expenses arising out of your use of the website or your violation of these Terms.

#### **10. Governing Law**

These Terms and Conditions are governed by the laws of the State of Texas, without regard to conflict of law principles.

## **11. Changes to Terms**

We may revise these Terms and Conditions at any time by posting updated terms on this page. Your continued use of the website after changes are posted constitutes your acceptance of those changes.

## **12. Contact Information**

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### **Short footer version for your website**

You can also add this in your footer:

**By using this website, you agree to our Privacy Policy and Terms & Conditions.  
Privacy Policy | Terms & Conditions**

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### **Short SMS consent language for your website form**

Put this directly under any website form submit button:

**By submitting this form, you agree to be contacted by Adjusted Health and Wellness by phone, email, and text regarding your inquiry, appointments, and related office communications. Message and data rates may apply. Reply STOP to opt out. Consent is not a condition of purchase.**