



Text/Email Messaging Terms & Conditions Consent

Effective Date: July 15, 2026

By providing my mobile phone number and/or email, I authorize Kinston Health to contact me using text messages and/or emails regarding my healthcare.

Types of Messages/Emails

- Appointment reminders
- Appointment scheduling
- Care coordination
- Prescription refill reminders
- Referral updates
- Laboratory result notifications (when appropriate)
- Preventive care reminders
- Billing notifications
- Patient education and follow-up instructions

Terms & Conditions

- Message/Email frequency varies based on your care and appointments
- Text message and data rates may apply according to your mobile carrier plan
- Messages/Emails are not guaranteed to be secure; do not send urgent or emergency information by text
- Reply STOP at any time to stop receiving text messages
- Reply HELP for assistance or call Kinston Health at 252-522-9800
- Opting out of text messages and/or emails will not affect your ability to receive medical care, but some reminders and updates may not be delivered.

Consent

I understand the information above and consent to receive text messages from Kinston Health as described.



Patient Name: _____

Date of Birth: _____

Mobile Number: _____

Email Address: _____

Signature: _____

Date: _____