

Name: \_\_\_\_\_

**We provide appointment reminders via text or email.**

**Please choose a method to receive your appointment reminders:**

*For text:*

Provide cell phone number: \_\_\_\_\_

Provide cell phone carrier: \_\_\_\_\_

**OR**

*For email:*

Provide your email address: \_\_\_\_\_

**OR**

*I do not want any appointment reminders:*