



## SMS Consent Request

Subject: We need your help to keep sending you notifications

Recent changes to regulations will prevent Citizens Care and Rehabilitation Center of Frederick's ability to contact you using SMS text messaging. As of November 2022, U.S. mobile carriers now require businesses to collect consent from recipients before SMS text messages can be delivered.

1. Text START to (844) 943-1599 to give consent
2. Text HELP to (844) 943-1599 to confirm consent

This consent is only required once. If you refuse consent via SMS text message, future messages will be sent to you by telephone. Consent via SMS text message can be refused at any time.

Feel free to contact us at 240-772-9200 if you have any questions.