

SMS/Text Messaging Policy

Effective Date: May 22, 2026

SMS Communications Policy

Inwardboundpsych, LLC may communicate with patients and prospective patients via SMS/text messaging through [RingCentral](#) for administrative and scheduling purposes.

By providing your mobile phone number to our office, you consent to receive SMS/text messages from Inwardboundpsych, LLC.

Types of Messages You May Receive

Text messages may include:

- Appointment reminders
- Appointment confirmations
- Scheduling updates
- Office notifications
- Limited administrative communications

SMS/text messaging is not intended for emergency communications, clinical crises, or urgent medical matters.

Message Frequency

Message frequency may vary depending on your interactions with the practice, appointments, and communication preferences.

Message and Data Rates

Standard message and data rates may apply based on your mobile carrier plan.

Opting Out

You may opt out of receiving SMS/text messages at any time by:

- Replying STOP to any text message
- Contacting our office directly

After opting out, you may receive a final confirmation message confirming your removal from SMS communications.

Help Instructions

For assistance, reply HELP to any message or contact our office directly.

Privacy and Security

While we make reasonable efforts to use secure and HIPAA-conscious communication systems, SMS/text messaging is not always fully encrypted and may carry inherent privacy risks.

Patients should avoid sending sensitive personal health information via standard text messaging.

Please review our full Privacy Policy here:

[Privacy Policy](#)

No Sharing of Mobile Information

No mobile information will be shared with third parties or affiliates for marketing or promotional purposes. Text messaging originator opt-in data and consent will not be shared with any third parties.

Contact Information

Inwardboundpsych, LLC

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Top of Form

Bottom of Form