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[www.lifetimehealthcenter.com](http://www.lifetimehealthcenter.com)

LifeTime Health Center has launched a new appointment reminder system that will require your cell phone number. Two days prior to your appointment day you will receive a text message to remind you of your appointment time. You will be asked to text back the number "1" to confirm and the number "3" to cancel. If you must cancel, please call us and we can reschedule.

If we have your permission to put your cell phone number into our system for appointment reminders, please provide the number below.

My cell number is \_\_\_\_\_ Initials \_\_\_\_\_

Name \_\_\_\_\_ Date \_\_\_\_\_

Please Print

We hope you will take advantage of this convenient feature and thank you for your cooperation.