



Appointment reminders can now be made by phone call, text or e-mail. Please mark your preference below and list what number or e-mail address would be best to receive this reminder. Unfortunately our system only allows for one option, so please pick the one you most prefer.

Phone call \_\_\_\_\_

Text \_\_\_\_\_

E-mail \_\_\_\_\_

Name (print) \_\_\_\_\_

Sign \_\_\_\_\_

Date \_\_\_\_\_