

Dear Patient,

FollowMyHealth recently updated its Terms of Use and sent all users new documentation to review and accept. As of November 4, 2019, you should have received the updated terms directly from FMH.

Once accepted, the new terms allow third-parties to text and advertise to FMH users. We at Acton Medical are not associated with, nor endorse the ads from FMH's third-party partners and encourage you to opt out. The opt-out feature will be available from FollowMyHealth on November 14.

Please see below Marketing and Advertising and Text Messaging details from the new Terms of Use. Feel free to contact us with questions. You may also contact FollowMyHealth at support@followmyhealth.com.

*Taken from FollowMyHealth's new Terms of Use November 2019:*

#### Marketing and Advertising

The Service may include advertisements or promotional messages sponsored by third parties (collectively, "Ads"). The manufacturers, services providers, distributors and resellers of the products and services identified in the Ads are solely responsible for the accuracy of their Ads and the suitability, efficacy, safety and quality of such products or services. An Ad does not in any way constitute or imply our recommendation or endorsement of such product or service. The manner in which your Personal Information may be used in relation to targeting and/or delivering Ads is governed by the applicable provisions of the [FollowMyHealth Privacy Policy](#).

#### Text Messaging

The Service may include text message communications. Such text message communications may be sent to you for purposes including, not limited to the following categories:

- healthcare related communications;
- advertising, marketing or promotional communications;
- prescription or appointment reminders, and
- account management functions.

I further understand that my acceptance to the FollowMyHealth Terms of Use and Privacy Policy constitutes my written consent to receive text messages as described herein.

For your convenience, see below for steps on how to opt-out of FMH's new advertising services:

#### Communication Preferences

Before we take you to your account...

We've added two new communication types. Don't worry! This only allows FollowMyHealth to share information with you. We will never sell or send any identifiable information about you to our 3rd party partners without your consent.

Take a look! When ready, check the email and/or text message box next to those you want to receive.

#### Notifications about FollowMyHealth

This includes important information about FollowMyHealth such as information related to using FollowMyHealth features.  
**IMPORTANT:** This does NOT prevent you from receiving information from your healthcare providers. You can update how you receive that information in My Account > Preferences at any time. This also does not apply to critical updates. If needed, we will share information to help protect or mitigate a fraud or security risk.

Email  
 Text Message

#### Notifications about 3rd Party Partners

This information will come from FollowMyHealth, specially curated just for you. It will include information about trusted partners with products and services that may be helpful to you. On occasion, we may use your data to send you relevant information. (For example, we may remind you when Medicare Advantage open enrollment is for FMH users age 65 or older.)

Email  
 Text Message

#### Worried we'll send too many communications?

We hate spam, too. That's why we think long and hard before pressing send. But, we are human. If it ever becomes too much, please let us know by updating your communication preferences. This can be done at any time from My Account > Preferences.

[Save and Continue to My Account](#)

