

## SMS Terms & Conditions

1- SMS Consent Communication: The information (Phone Numbers) obtained as part of the SMS consent process will not be shared with third parties for marketing purposes.

2- Types of SMS Communications: If you have consented to receive text messages from STERLING STAFFING SOLUTIONS, you may receive messages related to the following :

- Appointment reminders
- Follow-up messages

3- Message Frequency: Message frequency may vary depending on the type of communication. For example, you may receive up to 5 SMS messages per week related to your scheduled appointments or pending assignments

4- Potential Fees for SMS Messaging: Please note that standard message and data rates may apply, depending on your carrier's pricing plan. These fees may vary if the message is sent domestically or internationally.

5- Opt-In Method: You may opt-in to receive SMS messages from STERLING STAFFING SOLUTIONS in the following ways:

- By submitting an online form
- Emailing [Staffing@sterlingstaffingsolutions.com](mailto:Staffing@sterlingstaffingsolutions.com)

6- Opt-Out Method: You can opt out of receiving SMS messages at any time. To do so, simply reply "STOP" to any SMS message you receive. Alternatively, you can contact us directly to request removal from our messaging list at [Staffing@sterlingstaffingsolutions.com](mailto:Staffing@sterlingstaffingsolutions.com).

7- Help: If you are experiencing any issues, you can reply with the keyword HELP. Or, you can get help directly from us at [\(insert the link\)](#)

8- Standard Messaging Disclosures:

- Message and data rates may apply.
- You can opt-out at any time by texting "STOP."
- For assistance, text "HELP" to 281-240-3536 or visit our [Privacy Policy](#) and [Terms and Conditions](#) pages.
- Message frequency may vary