

TERMS OF SERVICE

H&H Health Associates, Inc.

Effective Date: January 1, 2026

Last Updated: March 16, 2026

1. Acceptance of Terms

By using our website, submitting a form, or communicating with us, you agree to these Terms of Service and our Privacy Policy.

2. Eligibility

You confirm you are at least 18 years old and authorized to provide the information you submit.

3. Communications and SMS Messaging

If you opt in using our SMS consent checkbox, you agree that we may send SMS text messages to the phone number you provide.

- Message and data rates may apply.
- Message frequency may vary.
- Reply **STOP** to unsubscribe.
- Reply **HELP** for support.
- Consent is **not** required as a condition of receiving services.

4. Acceptable Use

You agree not to:

- Provide a phone number you do not own.
 - Misuse our services or disrupt our systems.
 - Submit unlawful or harmful content.
- We may suspend or terminate access for violations.

5. No Emergency Use

Our SMS services are not intended for emergencies. Call 911 or your local emergency number.

6. Intellectual Property

All website content is owned by **H&H Health Associates, Inc.** or its licensors. Unauthorized use is prohibited.

7. Third-Party Services

We rely on telecommunications carriers and messaging platforms to deliver SMS messages and are not responsible for delays or undelivered messages beyond our control.

8. Disclaimers

Our services are provided "as is" without warranties of any kind.

9. Limitation of Liability

To the fullest extent permitted by law, we are not liable for indirect, incidental, consequential, or punitive damages.

Our total liability will not exceed \$100 or the amount paid for services in the past 3 months.

10. Indemnification

You agree to indemnify and hold us harmless from claims arising from misuse or violation of these Terms.

11. Governing Law

These Terms are governed by Missouri law. Disputes will be resolved in Missouri courts unless otherwise required.

12. Changes to These Terms

Updates may occur periodically. Continued use after updates signifies acceptance.

13. Contact Information

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