



# Sign Up For Text Messages!

Receive **APPOINTMENT REMINDERS**  
on your cell phone.

**It's Easy To Get These Helpful Texts!**

Text **RMEEC** to 622622

**Rocky Mountain ENT**

Message and data rates may apply. Text HELP to 622622 to receive help,  
STOP to 622622 to opt-out. Visit [txt.tvox.com](http://txt.tvox.com) for more info.