

Privacy Policy & SMS Terms
Grounded Within Chiropractic LLC
Last Updated: 03/31/2026
Website: <https://groundedwithinchiro.com>

Grounded Within Chiropractic (“we,” “our,” or “us”) is committed to protecting the privacy and security of your personal information. This Policy explains how we collect, use, disclose, and safeguard information obtained through our website and our SMS messaging program. By accessing our website or opting in to SMS communications, you agree to the terms described below.

1. Information We Collect

We may collect the following categories of personal information:

- Contact Information — including your name, phone number, email address, and mailing address.
- SMS Interaction Data — including message history, opt-in/opt-out status, and communication preferences.
- Website Usage Information — including IP address, browser type, device identifiers, pages visited, and time spent on our site.
- Service or Transaction Information — including appointment details, service history, and information provided when scheduling or requesting services.

2. How We Use Personal Information

We use personal information for purposes including:

- Providing chiropractic services, scheduling appointments, and communicating with patients
- Sending SMS messages such as appointment reminders, service updates, account notifications, and optional promotional messages
- Improving website functionality, user experience, and service quality
- Processing transactions and maintaining accurate records
- Conducting internal analytics, security monitoring, and fraud prevention
- Complying with legal obligations

3. Information Sharing

We do not sell or rent personal information. We may share information only with:

- Service providers assisting with website hosting, SMS delivery, appointment systems, or business operations
- Payment processors when applicable
- Legal authorities when required to comply with law or protect our rights

SMS opt-in and phone numbers collected for SMS consent will not be shared with any third party or affiliate company.

Opt-in Message:

“Thank you for opting into SMS messages from Grounded Within Chiropractic . To opt out at any time, reply STOP. For assistance, reply HELP. Message and data rates may apply. Messaging frequency may vary”

Opt-Out Message:

“Thank you for opting out of SMS messages from Grounded Within Chiropractic. You will not receive any further SMS communications. To opt back in at any time, reply START.”

Help Message:

“Thank you for contacting Grounded Within Chiropractic. For immediate assistance, please call 479-222-0082 or visit <https://groundedwithinchiro.com> . Message and data rates may apply.”

4. Cookies and Tracking Technologies

Our website may use cookies or similar technologies to enhance functionality, analyze usage, and improve user experience. You may adjust your browser settings to refuse cookies; however, some website features may not function properly.

5. Data Security

We implement reasonable administrative, technical, and physical safeguards to protect personal information. While we strive to protect your data, no method of transmission or storage is completely secure.

6. Your Rights and Choices

Depending on your location, you may have rights to:

- Access or request a copy of your personal information
- Request corrections or updates
- Request deletion of certain information
- Withdraw consent for marketing communications

To submit a request, contact us using the information found at the bottom of this policy.

7. Third-Party Links

Our website may contain links to external sites. We are not responsible for the privacy practices or content of third-party websites.

8. Updates to This Policy

We may update this Policy periodically. Changes will be posted on this page with an updated revision date. Continued use of our website or SMS program after changes are posted constitutes acceptance of the revised Policy.

9. Contact Information

For questions about this Privacy Policy or SMS Terms, contact:

Grounded Within Chiropractic
4170 W Martin Luther King Jr. Blvd Ste. 506
Fayetteville, Arkansas 72704
Email: gwcchiro@gmail.com
Phone: 479-222-0082

SMS Terms and Conditions

SMS for Consent Communication

- We will not share your phone number with any third parties for marketing purposes.

Types of SMS Communications

- If you opt in to receive messages from Grounded Within Chiropractic, you may receive texts about Conversational external purpose. Standard message rates may apply.

Message Frequency

- You may receive approximately 1-10 SMS messages per week.

Carrier Charges

- Message and data rates may apply based on your mobile carrier and location.

Opt-In Methods

- You can opt in via the following methods: by submitting an online form:
<https://www.groundedwithinchiro.com/get-in-touch>

Opt-Out Instructions

- You may opt out at any time by replying STOP to any message. To resume receiving texts, reply START.

Help

- If you need assistance, reply HELP or contact us at
<https://groundedwithinchiro.com/get-in-touch>.

Disclosures

- Message frequency may vary.
- Message and data rates may apply.
- Reply STOP to cancel.
- Reply HELP for assistance.
- Visit our website to review our Privacy Policy and Terms of Service.