

NixIt SMS Program – Terms of Service

1. Program Description

NixIt is a neuroaffirming executive function support platform. By opting into our SMS service, you can expect supportive, non-intrusive reminders, gentle nudges, and notifications such as task encouragement, check-in prompts, and personalized habit support. Messaging is tailored to reduce overwhelm and promote calm, consistent routines.

2. Opt-Out Instructions

You can cancel the SMS service at any time. Just text "STOP" to our short code. After you send "STOP," you'll receive a confirmation message that you've been unsubscribed. You will no longer receive SMS messages unless you rejoin by signing up again.

3. Help Instructions

If you experience any issues with the messaging program, text "HELP" for support, or reach out directly to our support team at support@adeptexec.com.

4. Carrier Liability

Carriers are not liable for delayed or undelivered messages.

5. Messaging & Data Rates

Message and data rates may apply for messages sent to or from us. You can expect to receive up to 3 messages per day, depending on your preferences and support mode. Contact your wireless provider for more information about your data or text plan.

6. Privacy Policy

We take your privacy seriously. You can review our full privacy policy at <https://www.adeptexec.com/support>.