

Valley Health CareSignal Program SMS Terms and Conditions

Last updated: 10/12/2026

Valley Health CareSignal Program SMS Program Terms

Program Name: Valley Health CareSignal

Program Description:

Valley Health System and your healthcare provider are committed to helping you stay healthy and connected to your care team between appointments. That's why we're excited to offer **Valley Health CareSignal**, a free program that provides additional support from the comfort of your home.

Valley Health CareSignal uses simple text messages or phone calls to check in on how you're feeling each week. The program works with any mobile phone or landline and takes just a few minutes to participate.

The Valley Health CareSignal program sends you simple questions related to your health and symptoms and shares them with ColigoCare LLC, the clinically integrated network and value-based care organization of Valley Health System.

By opting in to receive text messages from ColigoCare LLC ("we," "us," or "our") through the Valley Health CareSignal program, you agree to the following terms:

1. Consent

By providing your mobile or landline phone number and verbally opting in during the enrollment phone call, you consent to receive recurring automated text messages or calls from or on behalf of COLIGOCARE LLC at the number provided. Consent to receive messages is not a condition of purchase.

2. Message Frequency

Message frequency varies. You may receive up to 2 messages per week, depending on your interactions with us.

3. Cost

Message and data rates may apply. Message frequency varies. Consult your mobile carrier for details about your plan.

4. How to Opt Out

You can cancel the SMS service at any time by texting STOP to the program phone number from which you receive Valley Health CareSignal messages. You may also revoke consent through any other reasonable method. After you send the SMS message "STOP," we will send you an SMS message confirming that you have been unsubscribed, and you will no longer receive messages from us. **If you would like to rejoin after opting out, text START to the same program phone number and your program messages should resume as previously scheduled**

5. Help / Support

For help, text "HELP" to the program phone number from which you receive Valley Health CareSignal messages. If you need help for a medical emergency, please call your physician or dial 911 immediately.

6. Carrier Liability

Carriers are not liable for delayed or undelivered messages.

7. Supported Carriers

This program is compatible with most major U.S. mobile carriers. Carrier availability and coverage may vary and are subject to change.

8. Privacy

We respect your privacy. Your mobile information will not be sold or shared with third parties or affiliates for marketing or promotional purposes. We may disclose information to service providers that support the SMS program, subject to appropriate contractual restrictions. Please review our [Privacy Policy](#) for details on how we collect, use, and protect your information.

9. Eligibility

You must be 18 years of age or older, or have the consent of a parent or guardian, to participate in this Program, and you must be the account holder or have the account holder's permission to enroll the mobile number provided.

10. Changes to the Program

We reserve the right to modify or terminate this Program, or these Terms, at any time. Any changes will be posted here with an updated "Last updated" date.

11. Contact Us

COLIGOCARE LLC 15 Essex Road, Suite 503, Paramus, NJ 07652; email us at coligocare@valleyhealth.com; 201-251-3460

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