



## **Proof of Consent for Toll-Free Messaging Activation**

**Company Legal Name:** Vmank Consulting & Home Care Academy, LLC

**Address:** PO Box 975 Lithonia, GA 30058

**Email:** [vmank@vmankconsulting.net](mailto:vmank@vmankconsulting.net)

**Phone:** +1 (606) 615-2771

**Website:** <https://vmankconsulting.net/>

## **Proof of Consent Details**

**Vmank Consulting & Home Care Academy, LLC** collects consumer consent through the following means:

- a. Online form submissions on our website: <https://vmankconsulting.net/>
- b. Email communication confirming consent for messaging.
- c. Verbal or written consent collected during service sign-ups.

**Consent is explicitly obtained by informing the consumer about:**

- a. The purpose of messaging (e.g., updates, reminders, or promotional content).
- b. The ability to opt-out at any time by replying "STOP".

**Documentation of Opt-In:**

- a. Online submission forms are securely stored and timestamped for record-keeping.
- b. Email records or screenshots of opt-in communications are retained.
- c. Verbal consent logs are documented in our internal CRM system.

**Opt-In Demonstration:**

Example webpage URL: <https://vmankconsulting.net/> (includes opt-in forms).

Screenshots of the opt-in process or other recordings can be provided upon request.

By providing this document, we affirm that we adhere to industry standards for consumer consent and comply with all applicable laws and regulations.

*If you have any questions or require additional proof, please contact us at [vmank@vmankconsulting.net](mailto:vmank@vmankconsulting.net).*