

AI Prompts to Improve Your Text Messages

Copy a prompt, paste in your current message, and let AI find areas for improvement. Then review the new text copy before you send it!

START HERE: AI PROMPT FOR REMINDER TEXTS

"Rewrite this text reminder for college students to be warm, clear, and under 160 characters. Keep the appointment date, time, and a way to cancel or reschedule. Never include the reason for the visit or any health details or protected health information. Here's our current message: [paste message]"

REWRITE FOR WARMTH AND CLARITY

"Rewrite this appointment reminder to sound warm and student-friendly while keeping it under 160 characters: [paste current message]"

"Make this confirmation text feel less clinical and more reassuring, especially for a student who may be nervous about a counseling visit: [paste message]"

REDUCE NO-SHOWS

"Rewrite this reminder to gently encourage the student to show up or cancel in advance, without trying to guilt-trip the student: [paste message]"

"Add a clear, low-pressure way for the student to reschedule or cancel to this text. Keep the tone kind: [paste message]"

ACCESSIBILITY AND READING LEVEL

"Simplify this appointment reminder to a 6th-grade reading level while keeping all key details (date & time): [paste message]"

"Rewrite this message so it's clear for students who speak English as a second language, using short sentences and plain words: [paste message]"

REDUCE ANXIETY AROUND VISITS

"Reword this counseling appointment reminder so it feels confidential and non-stigmatizing, avoiding any language that could feel exposing: [paste message]"

"Add one short, supportive sentence to this reminder that reassures the student their visit is private: [paste message]"

INCLUDE THE RIGHT DETAILS

"Turn these appointment details into a clear, friendly reminder text: [date, time & appointment instructions]"

"Review this reminder and flag anything a student needs but is missing, like what to bring, where to park, or how to check in: [paste message]"

CREATE VARIATIONS TO TEST

"Give me 3 versions of this reminder text in different tones (friendly, direct, caring) so I can see which fits our clinic's style best: [paste message]"

tone guardrail: use with every prompt

"Keep the copy HIPAA-compliant: do not include the reason for the visit, diagnosis, or any sensitive health detail or other PHI in the text."