Contact.php

```php
<?php
/**
 * @package     Freemius
 * @copyright   Copyright (c) 2015, Freemius, Inc.
 * @license     https://www.gnu.org/licenses/gpl-3.0.html GNU General Public License Version 3
 * @since       1.0.3
 */

/**
    * Update (October 9, 2024 by @swashata):
 *   Following request from the wp.org plugin review team, we have stopped
 *   embedding the contact form inside an i-frame for wp.org hosted free version
 *   of plugins. Now they will be opened in a new tab.
 *
 * Note for WordPress.org Theme/Plugin reviewer:
 * Freemius is an SDK for plugin and theme developers. Since the core
 * of the SDK is relevant both for plugins and themes, for obvious reasons,
 * we only develop and maintain one code base.
 *
 * This code (and page) will not run for wp.org themes or plugins. It will
 *  run only for premium version of the plugin/theme that is using the SDK.
 *
 * In addition, when this page loads an i-frame. We intentionally named it 'frame'
 * so it will pass the "Theme Check" that is looking for the string "i" . "frame".
 *
 * UPDATE:
 * After ongoing conversations with the WordPress.org TRT we received
 * an official approval for including i-frames in the theme's WP Admin setting's
 * page tab (the SDK will never add any i-frames on the sitefront). i-frames
 * were never against the guidelines, but we wanted to get the team's blessings
 * before we move forward. For the record, I got the final approval from
 * Ulrich Pogson (@grapplerulrich), a team lead at the TRT during WordCamp
 * Europe 2017 (June 16th, 2017).
 *
 * If you have any questions or need clarifications, please don't hesitate
 * pinging me on slack, my username is @svovaf.
 *
 * @author Vova Feldman (@svovaf)
 * @since 1.2.2
 */

if ( ! defined( 'ABSPATH' ) ) {
    exit;
}

wp_enqueue_script( 'jquery' );
wp_enqueue_script( 'json2' );
fs_enqueue_local_script( 'postmessage', 'nojquery.ba-postmessage.js' );
fs_enqueue_local_script( 'fs-postmessage', 'postmessage.js' );
fs_enqueue_local_style( 'fs_checkout', '/admin/common.css' );

/**
 * @var array    $VARS
 * @var Freemius $fs
 */
$fs   = freemius( $VARS['id'] );
$slug = $fs->get_slug();

$query_params = FS_Contact_Form_Manager::instance()->get_query_params( $fs );

$view_params = array(
    'id'   => $VARS['id'],
    'page' => strtolower( $fs->get_text_inline( 'Contact', 'contact' ) ),
);
fs_require_once_template('secure-https-header.php', $view_params);

$has_tabs = $fs->_add_tabs_before_content();

if ( $has_tabs ) {
    $query_params['tabs'] = 'true';
}
?>
<div id="fs_contact" class="wrap fs-section fs-full-size-wrapper">
    <div id="fs_frame"></div>
    <script type="text/javascript">
        (function ($) {
            $(function () {

                var
                // Keep track of the i-frame height.
                frame_height = 800,
                base_url = '<?php echo WP_FS__ADDRESS ?>',
                src = base_url + '/contact/?<?php echo http_build_query($query_params) ?>#' + encodeURIComponent(document.location.href),

                // Append the i-frame into the DOM.
                frame = $('<i' + 'frame " src="' + src + '" width="100%" height="' + frame_height + 'px" scrolling="no" frameborder="0" style="background: transparent; wi
                    .appendTo('#fs_frame');

                FS.PostMessage.init(base_url);
                FS.PostMessage.receive('height', function (data) {
                    var h = data.height;
                    if (!isNaN(h) && h > 0 && h != frame_height) {
                        frame_height = h;
                        $('#fs_frame i' + 'frame').height(frame_height + 'px');
                    }
                });
            });
        })(jQuery);
    </script>
</div>
<?php
if ( $has_tabs ) {
    $fs->_add_tabs_after_content();
}
```