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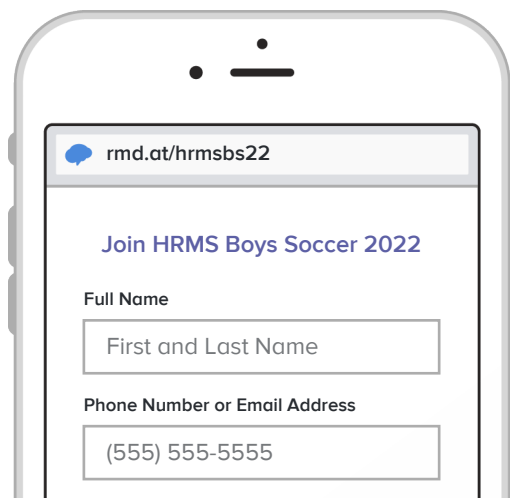
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A If you have a smartphone, get push notifications.

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Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



B If you don't have a smartphone, get text notifications.

Text the message [@hrmsbs22](https://www.instagram.com/hrmsbs22) to the number **81010**.

If you're having trouble with **81010**, try texting [@hrmsbs22](https://www.instagram.com/hrmsbs22) to **(919) 283-5736**.

** Standard text message rates apply.*



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