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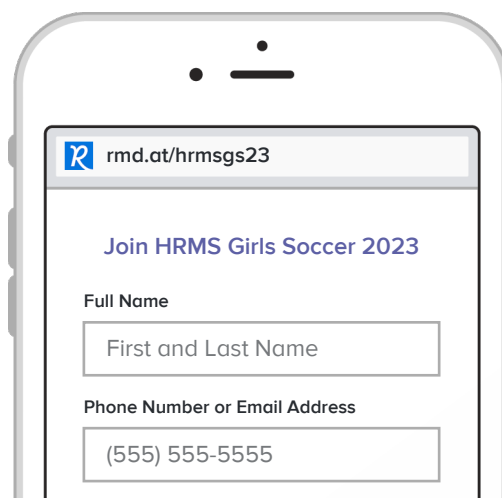
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A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/hrmsgsgs23

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 [@hrmsgsgs23](https://t.me/hrmsgsgs23) to the number **81010**.

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** Standard text message rates apply.*



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