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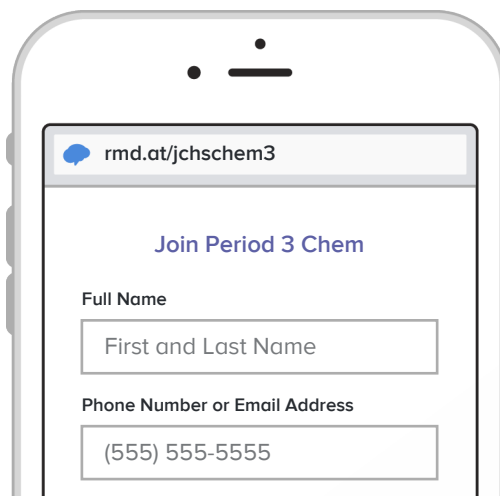
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A If you have a smartphone, get push notifications.

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

rmd.at/jchschem3

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

Text the message [@jchschem3](#) to the number **81010**.

If you're having trouble with **81010**, try texting [@jchschem3](#) to **(424) 277-6948**.

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