



Sign up for important updates from J. Rios.

Get information for **Manzano High School** right on your phone—not on handouts.

Pick a way to receive messages for **Health Education: Monarch Health Center Group D-15:**

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/mhs-shac

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 [@mhs-shac](https://www.remind.com/help/faq/monarch-health-center-group-d-15) to the number **81010**.

If you're having trouble with **81010**, try texting [@mhs-shac](https://www.remind.com/help/faq/monarch-health-center-group-d-15) to **(512) 865-6307**.

** Standard text message rates apply.*

Don't have a mobile phone? Go to rmd.at/mhs-shac on a desktop computer to sign up for email notifications.