



# Sign up for important updates from J. Rios.

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

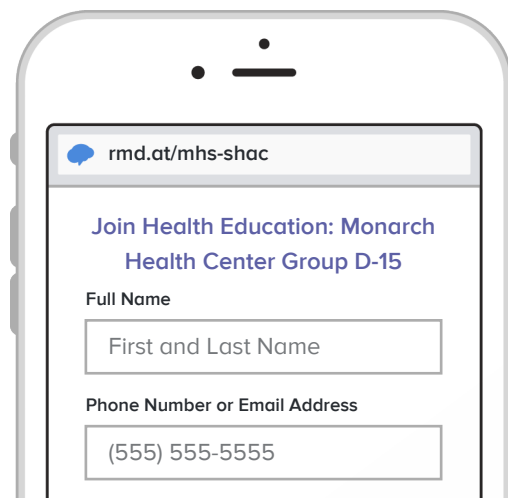
Pick a way to receive messages for **Health Education: Monarch Health Center Group D-15**:

**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](https://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](#) to the number **81010**.

If you're having trouble with **81010**, try texting [@mhs-shac](#) to **(512) 865-6307**.

*\* Standard text message rates apply.*



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