



# Sign up for important updates from M. O'Donnell.

Get information for **NHRES** right on your phone—not on handouts.

Pick a way to receive messages for **NHRES**:

**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/6c7hk2b](https://rmd.at/6c7hk2b)

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

**rmd.at/6c7hk2b**

**Join NHRES**

Full Name

First and Last Name

Phone Number or Email Address

(555) 555-5555

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

Text the message [@6c7hk2b](https://t.me/6c7hk2b) to the number **81010**.

If you're having trouble with **81010**, try texting [@6c7hk2b](https://t.me/6c7hk2b) to **(703) 722-8790**.

*\* Standard text message rates apply.*

To

**81010**

Message

**@6c7hk2b**

Don't have a mobile phone? Go to [rmd.at/6c7hk2b](https://rmd.at/6c7hk2b) on a desktop computer to sign up for email notifications.