



Sign up for important updates from G. Castor, Itza Prieto, Jacqueline Mshamma, and Kristy Gonzalez.

Get information for LUPHSA right on your phone—not on handouts.

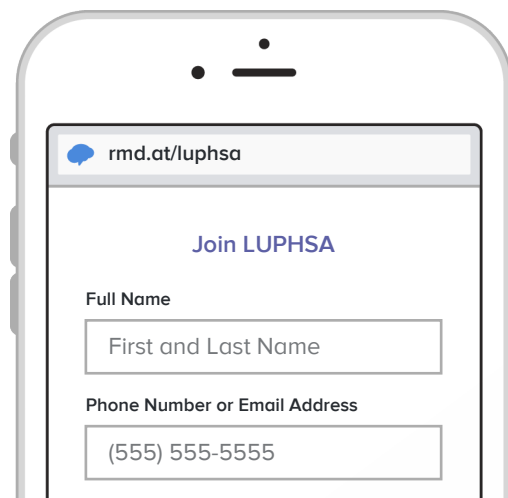
Pick a way to receive messages for LUPHSA:

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/luphsa

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

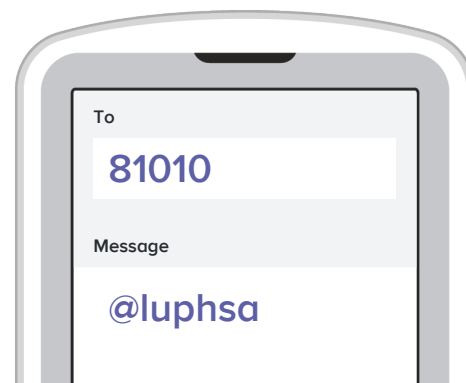


B If you don't have a smartphone, get text notifications.

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

If you're having trouble with **81010**, try texting [@luphsa](https://t.me/luphsa) to **(804) 415-4160**.

** Standard text message rates apply.*



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