



Sign up for important updates from Dr. May.

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

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

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/circles

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

The image shows a smartphone screen displaying the website rmd.at/circles. The page has a blue header with the Remind logo and the URL. Below the header, the text "Join Circles" is centered. Underneath, there are two input fields: "Full Name" with a placeholder "First and Last Name", and "Phone Number or Email Address" with a placeholder "(555) 555-5555".

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

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

If you're having trouble with **81010**, try texting [@circles](#) to **(832) 850-2594**.

* Standard text message rates apply.

The image shows a smartphone screen displaying a text message interface. The "To" field contains the number "81010". The "Message" field contains the text "@circles".

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