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Get information for **Biology - Group 1** right on your phone—not on handouts.

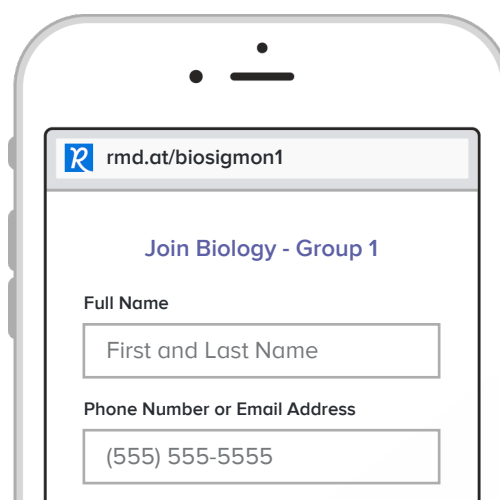
Pick a way to receive messages for **Biology - Group 1**:

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/biosigmon1

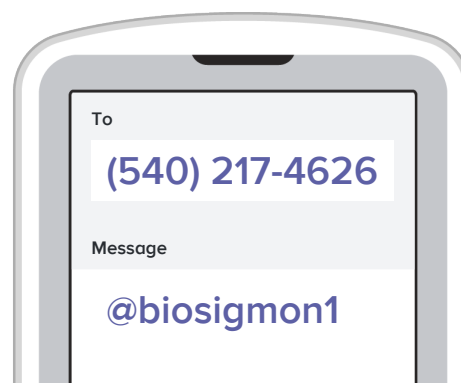
Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



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

Text the message [@biosigmon1](https://t.me/biosigmon1) to the number **(540) 217-4626**.

** Standard text message rates apply.*



Don't have a mobile phone? Go to rmd.at/biosigmon1 on a desktop computer to sign up for email notifications.