



# Sign up for important updates from B. Nash.

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

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

**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/cmsspo](http://rmd.at/cmsspo)

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

The image shows a smartphone screen with a web browser open to the URL [rmd.at/cmsspo](http://rmd.at/cmsspo). The page title is "Join CMSSPORTS". Below the title, there are two input fields. The first is labeled "Full Name" and contains the placeholder text "First and Last Name". The second is labeled "Phone Number or Email Address" and contains the placeholder text "(555) 555-5555".

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

Text the message [@cmsspo](https://www.remind.com/help/faq/#text) to the number **(973) 850-4636**.

*\* Standard text message rates apply.*

The image shows a smartphone screen with a text message interface. The "To" field contains the number **(973) 850-4636**. The "Message" field contains the text **@cmsspo**.

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