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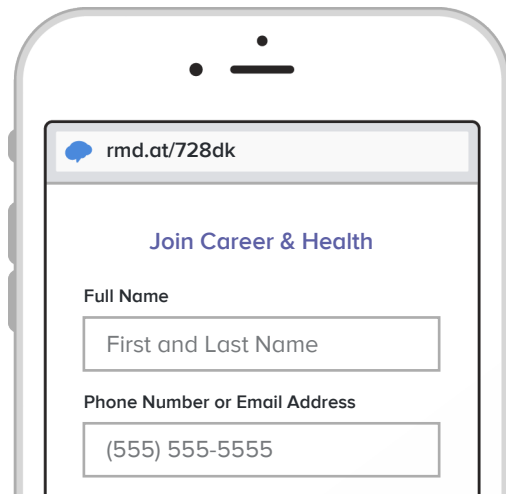
Pick a way to receive messages for **Career & Health**:

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/728dk

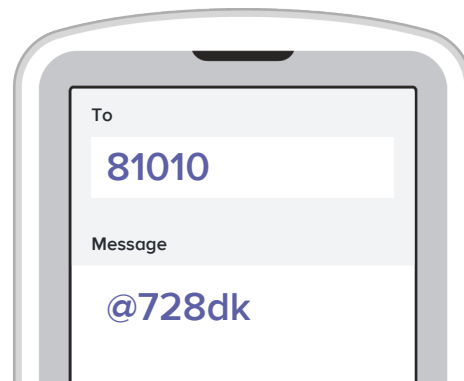
Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



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

Text the message [@728dk](https://t.me/728dk) to the number **81010**.

If you're having trouble with **81010**, try texting [@728dk](https://t.me/728dk) to **(805) 464-3591**.



Don't have a mobile phone? Go to rmd.at/728dk on a desktop computer to sign up for email notifications.