

Get important notifications from *Take 5 to Help Me Thrive*

Pick a way to receive messages for Take 5 To Help Me Thrive:

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/5tothrive

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 @5tothrive to the number 81010.

If you're having trouble with 81010, try texting @5tothrive to (424) 277-2127.

** Standard text message rates apply.*



Don't have a mobile phone? Go to rmd.at/5tothrive on a desktop computer to sign up for email notifications.



Find out more at
bit.do/5tothrive

