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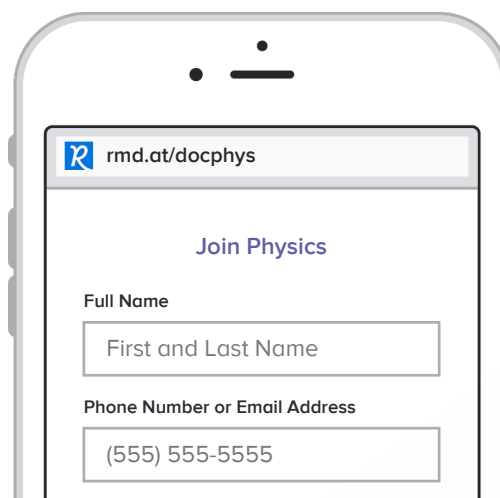
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Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.

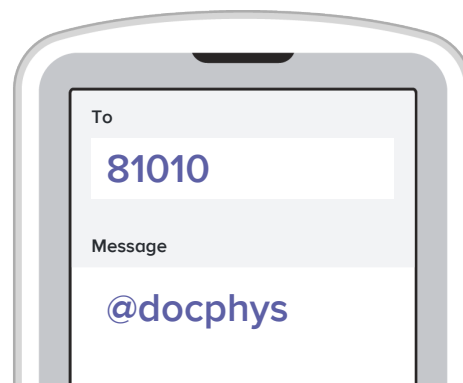


**B** If you don't have a smartphone, get text notifications.

Text the message **@docphys** to the number **81010**.

If you're having trouble with **81010**, try texting **@docphys** to **(469) 437-4632**.

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