



## Sign up for important updates

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

Pick a way to receive messages for **SLE Walkers**:

**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/a9afh9](http://rmd.at/a9afh9)

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

Smartphone screen showing a sign-up form for SLE Walkers. The form includes a header with the Remind logo and the URL [rmd.at/a9afh9](http://rmd.at/a9afh9). Below the header is the title "Join SLE Walkers". The form has two input fields: "Full Name" with a sub-label "First and Last Name", and "Phone Number or Email Address" with a sub-label "(555) 555-5555".

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

Text the message @a9afh9 to the number 81010.

If you're having trouble with 81010, try texting @a9afh9 to (785) 530-5536.

*\* Standard text message rates apply.*

Smartphone screen showing a text message. The message is addressed to "To: 81010" and the content is "Message: @a9afh9".

Don't have a mobile phone? Go to [rmd.at/a9afh9](http://rmd.at/a9afh9) on a desktop computer to sign up for email notifications.