

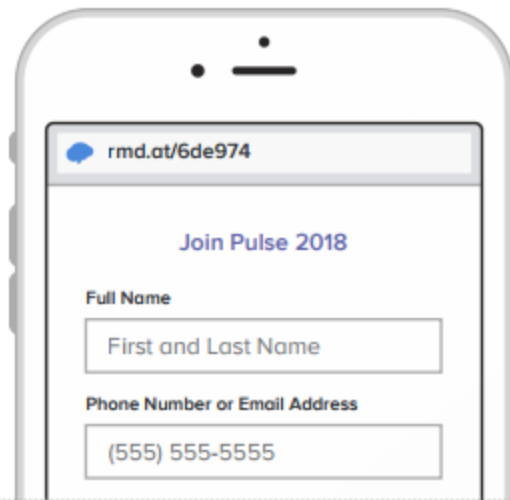
Pick a way to receive messages for Pulse 2018:

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/6de974

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 @6de974 to the number 81010.

If you're having trouble with 81010, try texting @6de974 to (910) 984-8045.

** Standard text message rates apply.*



Don't have a mobile phone? Go to rmd.at/6de974 on a desktop computer to sign up for email notifications.