



# Sign up for important updates from the AUM Wellness Center.

Get information for Auburn University at Montgomery right on your phone—not on handouts.

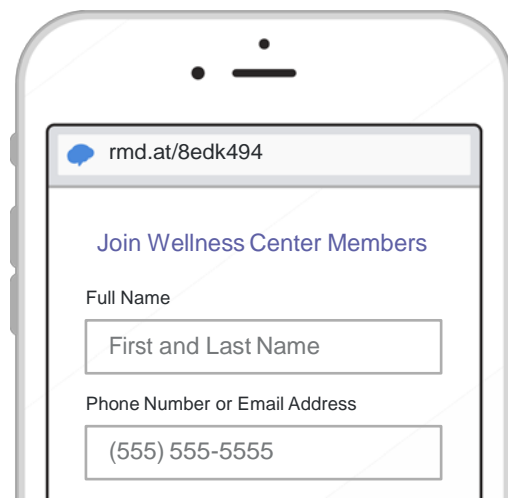
Pick a way to receive messages for Wellness Center Members:

**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/8edk494](http://rmd.at/8edk494)

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

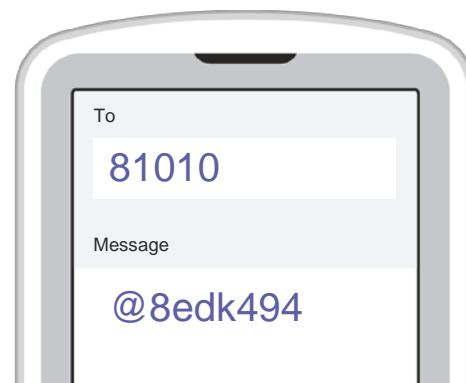


**B** If you don't have a smartphone, get text notifications.

Text the message @8edk494 to the number 81010.

If you're having trouble with 81010, try texting @8edk494 to (571) 765-2443.

*\*Standard text message rates apply.*



Don't have a mobile phone? Go to [rmd.at/8edk494](http://rmd.at/8edk494) on a desktop computer to sign up for email notifications.