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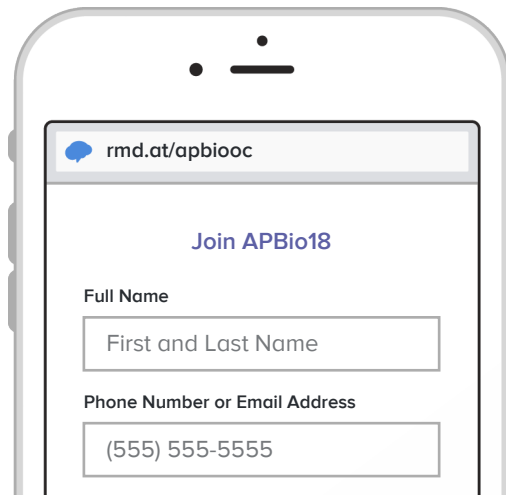
Pick a way to receive messages for **APBio18**:

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/apbiooc

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

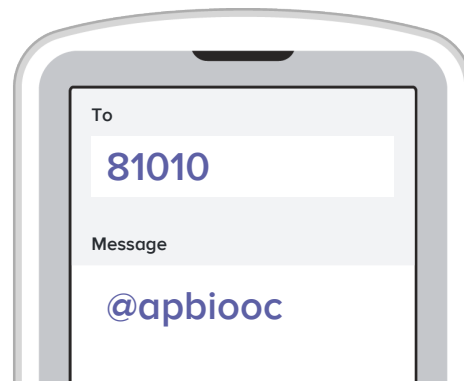


B If you don't have a smartphone, get text notifications.

Text the message [@apbiooc](https://www.remind.com/@apbiooc) to the number **81010**.

If you're having trouble with **81010**, try texting [@apbiooc](https://www.remind.com/@apbiooc) to **(503) 608-7149**.

** Standard text message rates apply.*



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