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Get information for **Advisory 13** right on your phone—not on handouts.

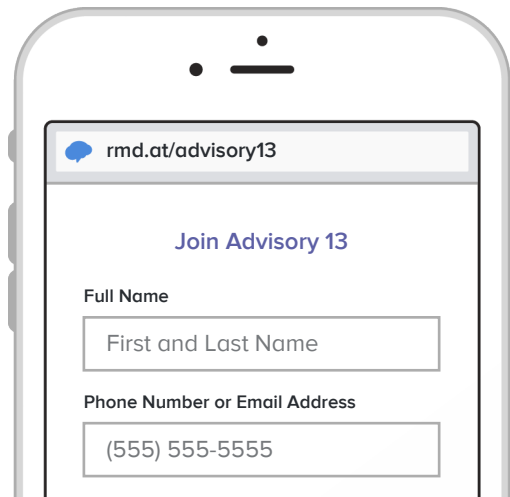
Pick a way to receive messages for **Advisory 13**:

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/advisory13

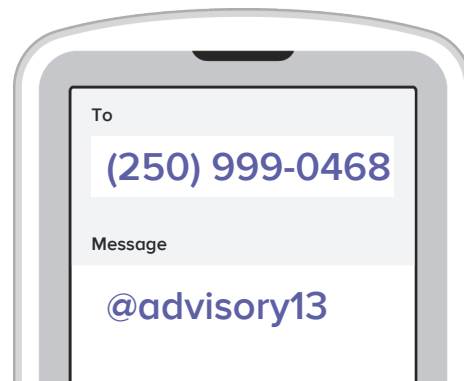
Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



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

Text the message **@advisory13** to the number **(250) 999-0468**.

** Standard text message rates apply.*



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