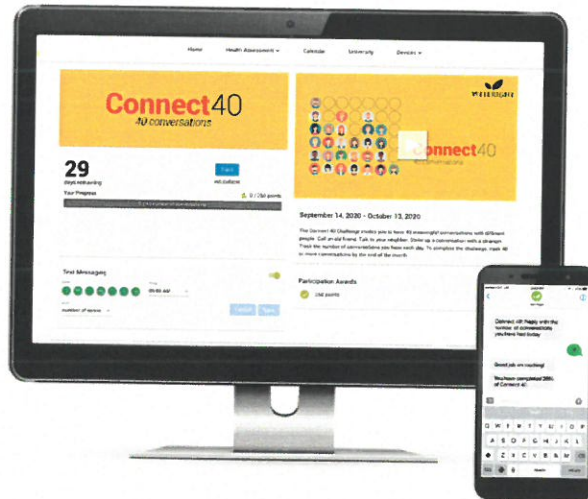


TEXT TRACKING 101



Register your mobile number



Log in on the web and click on your name



Enter your mobile number and click save



Respond "Yes" to verification text message

Update your text notification schedule



Hover over challenge tile



Select information icon



Customize your text reminders



Click save

* To do so click on the Homepage, hover over the challenge you want to modify, then click on the information ("i") icon.

Tips and Tricks for Text Tracking

- ✓ **Skip:** Reply "SKIP" to skip a specific challenge's text reminder.
- ✓ **Ignore 3 texts in a row:** By not responding to 3 text reminder prompts in a row, text reminders will automatically be turned off.
- ✓ **Stop:** Reply "STOP" to turn off text messaging. Users can turn back on in user profile settings.
- ✓ **Help:** Reply "HELP" to be directed to WellRight Support.