1. Start a text message to 81010. In the body of the text, type the class code (including the @ symbol) for the session for which you would like text reminders. Please note that you can enter only one class code at a time.

**CLASS CODES**
- Behavioral Health – @echobh
- Opioid Addiction and Treatment – @echoopioid
- Perinatal Substance Use Disorder – @echopsud
- Infectious Disease - @echoID

2. You will receive a text asking for your name. Reply with your first and last name.

![Text message](image1.png)

3. You will receive a text asking if you are a student, parent, or teacher. Reply with "S" for student.

![Text message](image2.png)

4. You may receive a text asking for your birthday. *(If you do not receive this prompt, skip to step 5.)* You can enter in any date for the birthday as long as the date makes you older than 18.

![Text message](image3.png)
5. You will receive a confirmation text. Now, you can text other class codes for which you would like to receive text reminders.

6. Additional confirmation messages for additional ECHO series will come from 510-254-3505.