TEXT TRACKING

MOBILE PHONE REGISTRATION

Click on your name in the user drop-down menu on the top right

Enter your mobile number and click save

"YES" — Respond "Yes" to the verification text message

TEXT NOTIFICATION SCHEDULE

Hover on the activity tile and click the information icon

Customize the days & times you receive the text reminders

Click Save — **Save**

TIPS AND TRICKS FOR TEXT TRACKING

- **Skip:** Reply "SKIP" to skip a specific activity's text reminder.

- **Stop:** Reply "STOP" to turn off text messaging. Users can turn them back on in the user profile settings.

- **Ignore 3 texts in a row:** By not responding to 3 text reminder prompts in a row, text reminders will automatically be turned off.

- **Help:** Reply "HELP" to be directed to WellRight Support.

TEXT TRACKING

MOBILE PHONE REGISTRATION

Open the app and tap on the menu icon

Select "User Profile"

Add your mobile number

Reminders

9:57

Would you like a reminder for this challenge?

Push Notifications

Setup reminders to use the app

Central Time (US & Canada)   8:00 AM

Days

| Su | M | T | W | Th | F | S |

Text Reminders

Reply to a text with your stats for the day

Central Time (US & Canada)   8:00 AM

Days

| Su | M | T | W | Th | F | S |

TEXT NOTIFICATION SCHEDULE

Tap on the activity's tile and the tap "See Details"

See Details

Customize the days & times you receive the text reminders

You can also create Push Notifications

TIPS AND TRICKS FOR TEXT TRACKING

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- **Stop:** Reply "STOP" to turn off text messaging. Users can turn them back on in the user profile settings.

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WellRight

atlanticpkg.wellright.com | For help, email support@wellright.com

ATLANTIC PACKAGING

TEXT TRACKING

MOBILE PHONE REGISTRATION

Open the app and tap on the "You" icon

Select Profile Information

Add your mobile number

TEXT NOTIFICATION SCHEDULE

Tap on the activity's tile and the tap "See Details"

See Details

Customize the days & times you receive the text reminders

You can also create Push Notifications

Phone screen content:

9:57

Reminders

Would you like a reminder for this challenge?

Push Notifications

Setup reminders to use the app

Central Time (US & Canada)   8:00 AM

Days

| Su | M | T | W | Th | F | S |

Text Reminders

Reply to a text with your stats for the day

Central Time (US & Canada)   8:00 AM

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