

# Keep people informed

of important things going on in their life and work

Remindem is a free and easy-to-use tool that allows you to set up a list of tips, reminders, and advice that people can subscribe to via text messages. Remindem sends important text reminders just when your subscribers need them, based on a schedule you define.



 **Get started: Create an account**  
[remindem.instedd.org/createAccount](http://remindem.instedd.org/createAccount)

## What can I use it for?

Remindem is great for any kind of reminder you'd like to send. Here are a few ways you might use it, but you're limited only by your imagination:

### Expecting Mothers



Mothers-to-be have a lot on their plates, and it's easy to forget details like taking vitamin supplements or showing up for scheduled checkups. Then there's the variety of little changes that might alarm a brand-new mother who doesn't know quite what to expect - or when to expect it. Why not make the road to

motherhood a little easier with Remindem? Whether you're a health care practitioner, an insurance professional, or just a worried mother-in-law, you can set up a series of timed reminders to help Mom make it through her pregnancy with flying colors.

### Busy Students



Got a classroom full of students juggling school, work, family, friends, mandatory goof-off time, etc.? Help them get assignments in on time and make the grade with Remindem. Tests, meeting times, study objectives, even scheduled pep talks -- when it comes to education, Remindem gets an A+.

## Benefits

### Helps

your community of users feel supported and connected



### Sends

reminders when subscribers need them most



### Allows

you to tailor advice based on when it will be received



### Schedule and edit

your messages from any internet connection



### Free

for anyone to use to help increase their social impact



### Open Source

code for developers to use to improve its design and functionality



## Diabetics



Properly managed, diabetes doesn't have to keep patients from doing all the things they love. Send disease management tips, dietary reminders, insulin dosing schedules, and more with Remindem. Remindem even makes it easy to create separate

patient age, and other criteria.

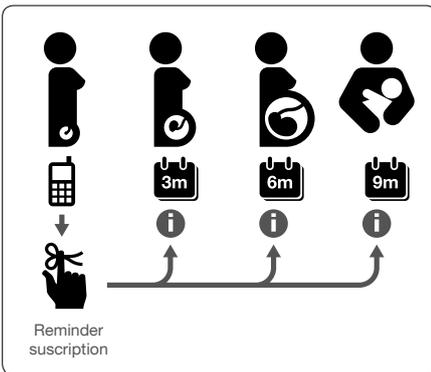
## Child immunizations



Properly scheduled immunizations are critical to a child's continuing well-being and development. Help parents keep their children healthy with immunization reminders from Remindem. Once parents register using a keyword you specify, they'll begin receiving text reminders tailored to their child's age, minimizing

missed or late vaccinations and preventable illnesses that can keep children from reaching their full potential.

## How does it work?



Begin by creating your list of messages and choosing a custom keyword that people will text to your number to subscribe. If desired, you can assign a time interval to each of the messages in your list. When a user subscribes, the clock starts ticking, and he or she will receive each message at the specified time. If your messages are not linked to a specific timeline, such

as helpful tips for managing a chronic illness, Remindem can send them randomly. Remindem requires a mobile phone to receive signup texts and send out reminders, though the Web app is used to create messages and schedule their delivery. To begin sending reminders, just download the free Nuntium application to your Android-powered phone (or to your computer, if you don't have an Android phone), making sure your phone has credit, Internet access, and mobile reception. Once your phone is connected to our server wirelessly or via your computer, Remindem automatically sends text messages to subscribers on your schedule.



**Tour**  
[remindem.instedd.org/tour](http://remindem.instedd.org/tour)

## Features

- ▶ Send messages to any text messaging-enabled phone
- ▶ Manage your reminders through any Internet connection, at any time
- ▶ Create an unlimited number of reminder lists, each with its own keyword
- ▶ Easily create an unlimited number of unique reminders
- ▶ Schedule reminders in advance over a timeline that you define

### Where do I start?

- 1** Create an account and log in  
 **Create an account**  
[remindem.instedd.org/createAccount](http://remindem.instedd.org/createAccount)
- 2** Create a new reminders list and choose a keyword that people will text to subscribe to your list
- 3** Create your messages and assign a time interval for each
- 4** Download the free Nuntium app and connect your Android phone to your account

### How Can I Help?

Got suggestions or feature requests?

 **Join our discussion list**  
[remindem.instedd.org/discuss](http://remindem.instedd.org/discuss)

Got a way with code? Help us develop our tools (and make the world a better place at the same time).

 **Visit our backlog**  
[remindem.instedd.org/backlog](http://remindem.instedd.org/backlog)

