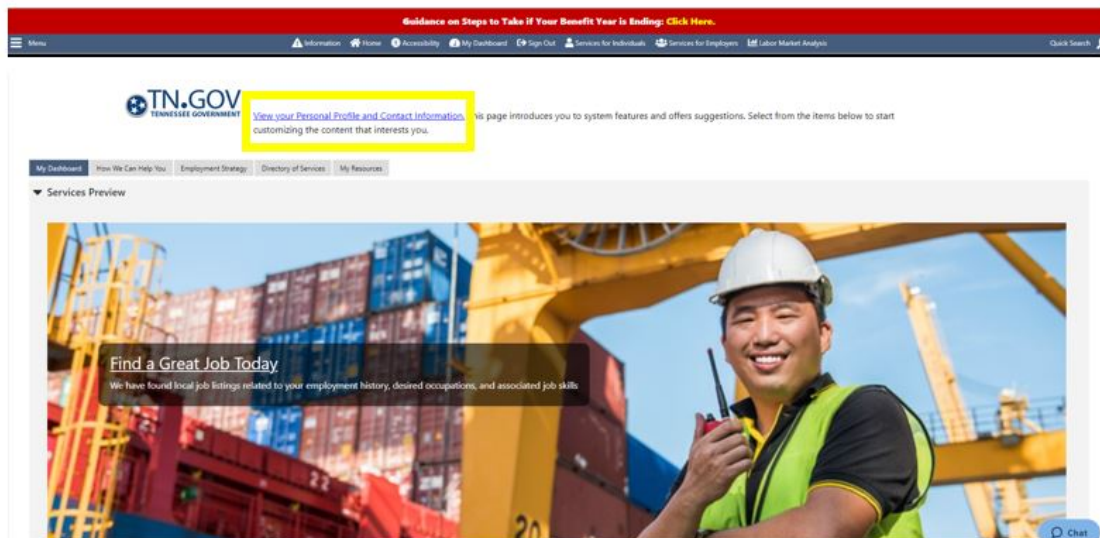


To opt in for SMS text messages for updates on your unemployment benefits process:

1. Log in to Jobs4TN.gov and go to My Dashboard

2. Select **“View your Personal Profile and Contact Information”**



3. Or scroll down on My Dashboard and click on **“Update Contact Information”**



Preferred Notification Method

4. Then scroll down until you see **“Preferred Notification Method”**. Select **“Yes”** if you would like to receive text messages.

Please select a method in which you prefer to receive your notifications:

Internal Message with Email Notification ▾

Please note that determining your eligibility benefits may be delayed if Mail is selected.

* I would like to sign up for TN LABOR MSG service to receive text messages about my unemployment benefit process at the phone number(s) provided. Message frequency varies. Message and data rates may apply. Reply HELP for help or STOP to cancel.

Yes No

5. Scroll down and click on **“Save”**