Get your wellness check-in texts

A quick setup guide for Brownvase users. Text messages are optional.

Start here
www.brownvase.com/staff-opt-in
Open this link or scan the QR code.

1. Sign up or sign in

Use your Brownvase account email and a U.S. mobile number that receives texts. If you already have an account, sign in. New users can enroll, then follow the account instructions sent by email.

2. Give your SMS permission

Read the SMS consent and wellness notice. Select the acknowledgments if you agree, then choose **Opt In** or **Save My Preferences**. A signup confirmation text is separate from recurring check-ins.

3. Verify your mobile number

Verify your phone number once during setup. This confirms you can receive texts at that number and helps prevent check-ins from going to the wrong person. You may need to verify again if your number changes.

While signed in, choose **Send verification code**. Enter the six-digit code received by text and choose **Confirm code**. The code expires in 10 minutes. Look for **Mobile number verified**.

4. Turn on your personal schedule

Open **www.brownvase.com/dashboard/checkins**. Choose your time, timezone, frequency and quiet hours. Check **Enable my personal check-in schedule**, then **Save schedule**. Confirm the next occurrence shown. Older preferences do not activate a schedule automatically.

5. Receive and reply

At the scheduled time, reply to the actual check-in SMS with one number from **1 to 10**. Your saved reply appears in **Your recent check-ins** in your account. If your workplace manages check-ins, ask its administrator about that schedule.

No text yet?

Check that SMS consent is active, your phone is verified, and your schedule is enabled and not paused. Check the next occurrence, timezone and quiet hours. If you previously replied STOP, reply **START** to your last Brownvase text, then follow any account recovery instructions. A schedule save alone does not restore SMS consent.

Allow a few minutes after the scheduled time; carrier delivery can take longer. Missed occurrences are skipped rather than sent later. For help, reply **HELP** or contact your program administrator. Do not share your verification code.

You stay in control. Change cadence or pause your personal schedule in your account. Reply **STOP** to stop Brownvase SMS. Message and data rates may apply.

Brownvase wellness check-ins are not medical advice or an emergency service.