

## My RMH Medical Record User Guide

This guide outlines the basic functionality of how to use the Patient Portal to edit your account, send emails to your provider, request appointments and medication refills, view test results, as well as use the Research Center to access more information about a diagnosis. If after reading this guide you have additional questions regarding the portal website, please contact us at [PortalSupport@sentara.com](mailto:PortalSupport@sentara.com). If your questions are clinical, please use the portal to send the question to your provider.

### **Home (Patient Portal Dashboard):**

After logging in, the first page you will see is the Patient Portal Dashboard. The Patient Portal Dashboard provides an overview of important notifications such as new messages, upcoming appointment reminders even quick access to lab results and medications. Furthermore, the Patient Portal Dashboard also allows the user easy access to other managed accounts (i.e. proxy access for a minor/elderly parent).

The screenshot displays the Patient Portal Dashboard Home page. At the top left is the RMH Medical Group logo, a member of Sentara. The top navigation bar includes links for HOME, MAIL, SCHEDULE, MY CHART, RENEW MEDICATIONS, RESEARCH, and SETTINGS. A 'Log Out' button is located in the top right corner. Below the navigation bar, a 'Welcome' message is followed by '(Patient Portal Dashboard)' and a user name 'Alex' in a dropdown menu. The main content area is divided into several sections: 'Inbox' (with a 'Compose an Email' link) showing 'There are no messages in your Inbox'; 'Upcoming Appointments' (with a 'Schedule an Appointment' link) showing 'There are no upcoming appointments'; and 'Reminders' showing 'There are no reminders'. At the bottom, there are two sections: 'Lab Results' showing 'No Labs Data found' and 'Medications' showing 'No Medications found'. Red boxes highlight the 'HOME' link, the user name 'Alex', and the 'no messages', 'no appointments', 'no reminders', 'Lab Results', and 'Medications' text.

Fig 1: The 'Home' tab of Patient Portal Dashboard gives a quick glance at the patient's inbox, upcoming appointments, reminders, lab results, and medications.

**Mail:**

The 'Mail' tab is where you will find your inbox, sent items, and the ability to compose messages to your provider. The inbox is where all of your received messages, medication renewal requests, documents and appointments will be received. Any online communication from RMH can be found in the Inbox. You can filter on the specialty practice, mail recipient, or the type of communication you want to view by using the dropdown menus as shown below.

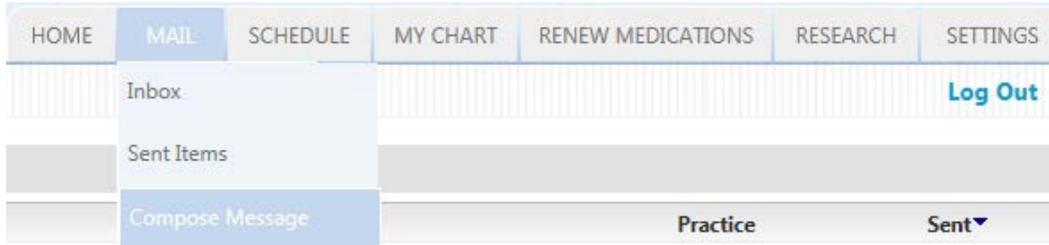


Fig. 2: Hovering over the 'Mail' tab gives you access to Inbox/Sent Items & Compose Message.

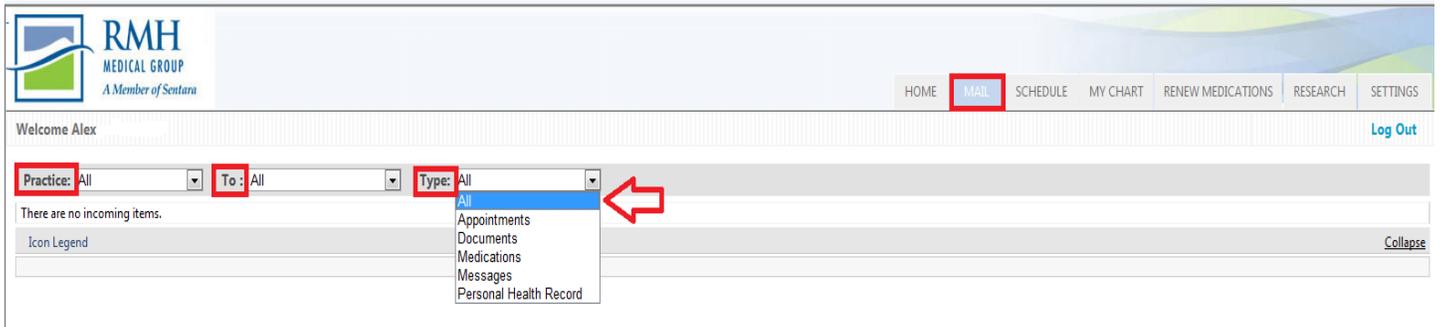


Fig. 3: You can filter specialty practice, mail recipient, or type of communication from within the 'Mail' tab dropdown menus.

**Sent Items:**

Sent items contain the online communications you have sent to RMH.

### **Compose Message:**

Compose message is used to initiate communication that is not appointment or medication renewal related. The practice drop down should always be RMH Medical Group. Choose the appropriate category and choose your provider. Populate the subject line and compose your message. Click Submit when you are finished. Remember: in case of emergency always contact your Emergency Medical Service (911).

#### **Compose Message**

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##### **1) Select Practice and Patient**

**\*Practice:** RMH Medical Group

##### **2) Select Message Category and Recipient**

*Please select the appropriate message category and recipient from the drop down lists below. Asterisk (\*) denotes required field.*

**\*Category:** Medical Question

**\*To:** John

**\* Subject:** Lab Results

**\* Message:** When should I expect my lab results to be ready?



**\*Disclaimer:** If this is a true medical emergency please contact your Emergency Medical Services (911).

**Submit**

Fig. 4: Input the appropriate category, recipient, subject and message... when you're done click submit.

## Schedule:

The 'Schedule' tab provides the ability to request appointments as well as view upcoming appointments. To request an appointment simply hover over the 'Schedule' tab and click 'Request Appointment' (visualized below). RMH Medical Group will always be selected for you in the 'Practice' menu under section 1. Under section 2 select your provider, the appropriate visit category (e.g. 'Post-Op' for a post-procedure appointment) and appropriate location (note: if this is a referral appointment you may view the location address by clicking the 'Address' link in blue just next to the 'Select Location' field. Finally, under section 3, fill in the reason for your appointment, the priority level and details on when you would like your appointment; remember, you are not selecting your appointment date, you are simply requesting times that are convenient for you. Once you have finished filling out each section, click 'Submit' to send your request.



Fig. 5: 'Schedule' tab gives access 'Request Appointment' and 'My Appointments'.

**Appointment Request**

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1. ENTER REQUEST      2. SELECT APPOINTMENT

**1) Select Your Medical Practice**  
Please select the medical practice for that appointment.

\*Practice: RMH Medical Group

**2) Select Provider and Location**  
Please select your provider, the appropriate appointment category and desired location from the drop down lists below. Asterisk (\*) denotes required field.

\*Select provider/group: John  
\*Select category: Follow-Up Visit  
\*Select location: RMH South Main Health Center [Address](#)

**3) Submit Request**  
Please fill in all required fields and click the Submit button to submit your request.

\*Reason for appointment: Back Pain  
\*Priority: Normal  
\*Make appointment for: This Week  
\*Start date: 07/07/2014      End date: 07/13/2014  
\*Preferred date/time: 1:45 PM to 2:30 PM  
 Mon  Tue  Wed  Thu  Fri

**!** New appointment requests and requests to reschedule an appointment received before 2:00pm will be answered before close of business. Requests received after 2:00pm will be answered the following business day. If the appointment you need to reschedule or cancel is within 2 business days, please call our office. If you are seeking a same day appointment, please call our office.

\*Disclaimer: If this is a true medical emergency please contact your Emergency Medical Services (911).

**Submit**

Fig. 6: Fill in all required fields under each section and click submit to request your appointment. If the location is new to you, click the blue 'Address' link to view the location address.

### **Schedule (Cont'd):**

Once your appointment request is reviewed by the RMH Medical Group staff you will receive an email notification. After receiving the notification, login to the portal and check your Inbox to see your appointment details.

### **My Chart:**

Under the My Chart tab you can request your health record and once it is loaded, you can view, download or transmit your health record. To load your record, click on the My Chart tab and select Request Health Record. It will take about 5 minutes for your record to load. From the My Chart tab click on View My Chart to see your record.

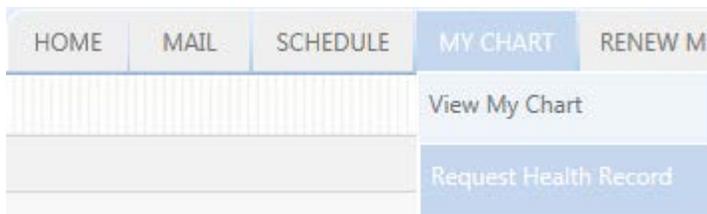


Fig. 7: Hovering over 'My Chart' tab gives you access to View My Chart or Request Health Record.

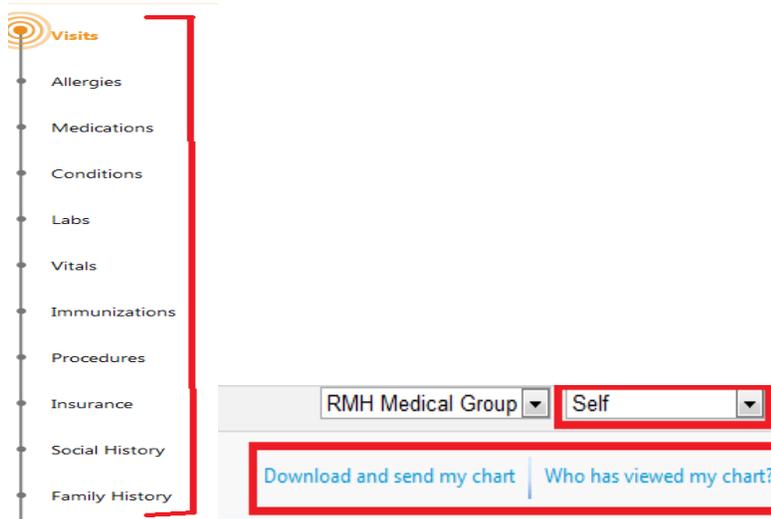


Fig. 8: Under 'My Chart' tab you are able to navigate your chart with the different sections listed on the left; furthermore, you are able to change whose chart you're viewing (if you manage more than your own healthcare) and also 'Download and send my chart' as well as see 'Who has viewed my chart?'

If you also manage a family member's healthcare you can switch between patients by clicking the drop down box just underneath the 'Log Out' button. You are also able to download and send your chart as well as view a list of whom, and when, has accessed your chart paired with an event description. By clicking on the blue 'Download and send my chart' link you are able to easily download or send an up-to-date packet with your chart's information. Once you have clicked on 'Download and send my chart' simply click on the 'BlueButton Download My Data' link to start the

download. If you would like to send the chart to another provider or location, simply click on the 'Send' link just next to the 'Save CCDA' button. On the 'Send ' page you are required to either fill in the provider's email address or physical address (in the case you do not know the direct email address). NOTE: If you do not have access to your health chart, all you need to do is hover over the 'My Chart' tab and click 'Request Health Record'. On the 'Request Health Record' page, select the appropriate 'Practice' and click 'Submit'.

### **Renew Medication:**

Prescription renewals are initiated from the 'Renew Medication' tab. The practice drop down should always be RMH Medical Group. If you have multiple medications click "Select different medications" to view a complete list.

#### **Renew Medications**

##### **1) Select Your Medical Practice**

Select the medical practice that prescribed the medication you wish to renew.

\*Practice:

##### **2) Select Medications**

Select the medication you wish to renew.

You currently have no medications selected for renewal, click the **Select different medications** link to choose the medication(s).

[+ Select different medications](#)

[Print Medications](#)

##### **3) Select Pharmacy**

Select the pharmacy you wish to handle the refill.

###### **Selected Pharmacy:**

**Pharmacy Name:** RITE AID-1420 S MAIN ST  
**Address:** 1420 SOUTH MAIN STREET  
HARRISONBURG, VA 228012911  
**Phone Number:** (540) 434-7341  
**Fax Number:** (540) 442-6351

[+ Select different pharmacy](#)

Fig. 9: If select medications, click the 'Select different medications' link (in blue)

Select the check box of the medication you are requesting to be renewed. It is possible to select more than one medication. If you do not see your medication listed click the "Display any inactive medications that may be available for renewal." Choose your medication, click Select.

## 2) Select Medications

Select the medications.

**Selected Medication(s):**  
HYPERTONIC SALINE 3% 1 \* 9/11/2013 - No End Date

[Select different medications](#)

Check the box next to all medication(s) you would like to have renewed and click the submit button. If you do not see your medication(s) listed, please contact your practice using the secure messaging functionality.

Display any inactive medications that may be available for renewal.

	Prescription Name	Dose	Description	Start Date	Stop Date
<input type="checkbox"/>	METFORMIN HCL METFORMIN HCL	1000 MG	take 1 tablet (1000MG) by oral route every day with morning and evening meals	6/3/2013	
<input type="checkbox"/>	NAPROXEN NAPROXEN	500 MG	take 1 tablet by oral route 2 times every day with food	8/30/2013	9/28/2013
<input type="checkbox"/>	LISINOPRIL LISINOPRIL	10 MG	take 1 tablet by oral route every day	8/16/2013	
<input type="checkbox"/>	LIPITOR ATORVASTATIN CALCIUM	40 MG	take 1 tablet (40MG) by oral route every day	9/18/2013	
<input type="checkbox"/>	NEURONTIN GABAPENTIN	100 MG	take 3 capsule by oral route 3 times every day	9/18/2013	
<input type="checkbox"/>	SULFAMIDE SULFACETAMIDE	10 %	instill 1 drop by ophthalmic route every 2 - 3 hours into affected eye(s) during the day and	9/18/2013	

-Indicates an inactive medication due to it being expired. This is where the end date of the medication is prior to today's date.

Fig 10: Your medications are listed, if you would like to view 'inactive' medications simply click the checkbox 'Display any inactive medications that may be available for renewal'. Select medications to renew by clicking the checkbox next to the appropriate medication. Check all medications you wish to renew and click 'Select'.

If you selected an Inactive Medication, you will also be prompted to answer the below question:

**Selected Medication(s):**  
Expired - ADVAIR DISKUS (FLUTICASONE/SALMETEROL) 1 \* 500-50MCG DISK W/DEV 5/7/2013 - 5/15/2013

[Select different medications](#) [Print Medications](#)

Yes, I would like to request the above inactive medication

Fig. 11: Once you have finished the selection process, the medications you wish to renew will be listed in bold under 'Selected Medication(s)'. Note: if you have selected an 'inactive' medication you will be required to acknowledge that you would like to request its renewal (check box right below the 'Select different medications' link).

The Pharmacy will automatically populate with your preferred pharmacy. If this is not the pharmacy you want your prescription sent to click "Select Different Pharmacy". In the Pharmacy search box enter the address of the pharmacy you would like to use.

### 3) Select Pharmacy

Select the pharmacy you wish to handle the refill.

#### Selected Pharmacy:

Pharmacy Name: RMH Outpatient Pharmacy

Address: 2010 Health Campus Drive  
Harrisonburg, VA 22801

Phone Number: (540) 689-2400

Fax Number: (540) 689-2407

[Select different pharmacy](#)

Pharmacy search:

enter <pharmacy> or <address> or <zip code>

Search

Add New

Fig. 12: Your default pharmacy will populate. If you would like to change the pharmacy, simply click the 'Select different pharmacy' link, in blue, listed right below the current pharmacy information. Type the pharmacy name in the search field and click search to get a list of pharmacies with that name or at the selected address.

The Reason box will automatically populate Medication Refill Request. Ensure the correct provider is in the 'Send to' box. Add your comments and click 'Submit'. Once your request is processed by the RMH Medical Group Staff you will receive an email notification. Once you receive the email notification you can login to My RMH Medical Record and see the status of your refill request.

### 4) Submit Renewal

Select Reason and Provider for this medication refill.

\*Reason: Medication Refill Request

\*Send to: Frank

Comments:

Can you refill my medication?

Thank you,



\*\*\*\*\* Any new prescriptions require an office visit. \*\*\*\*\*

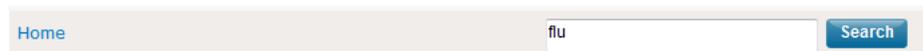
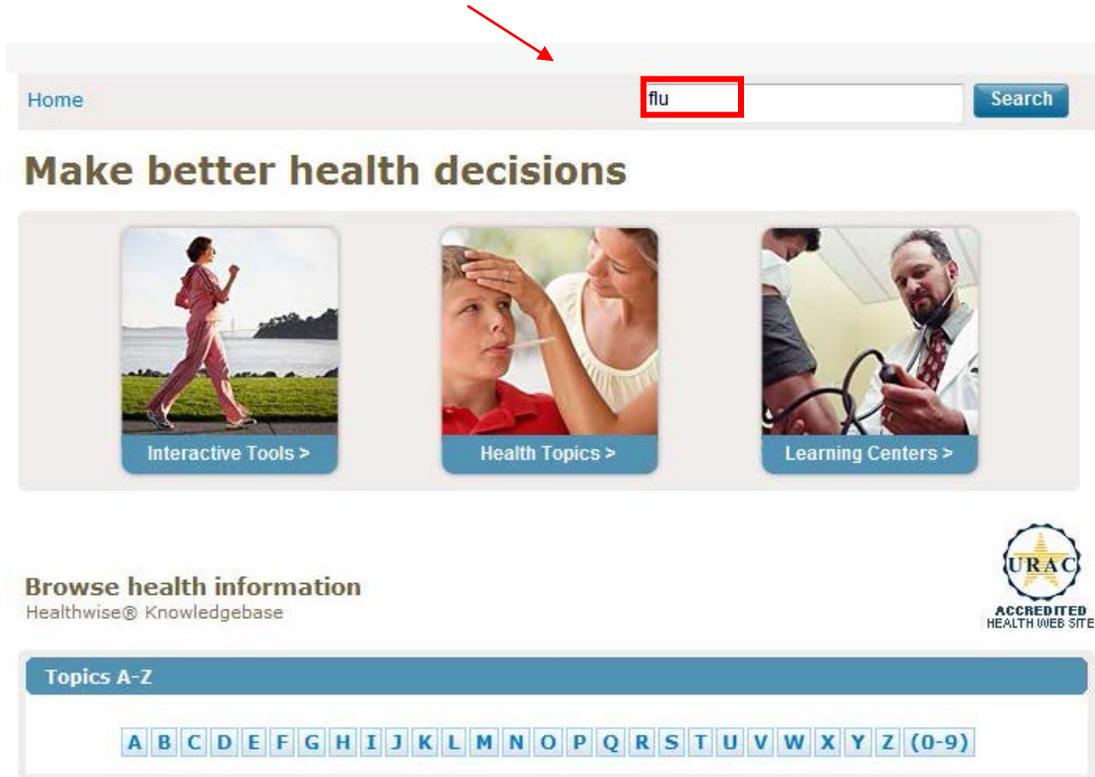
\*Disclaimer: If this is a true medical emergency please contact your Emergency Medical Services (911).

Submit

Fig. 13: Fill in the reason for the request, choose your recipient, and type your comments in the field space available. Once you have addressed all required fields, click the 'Submit' button.

**Research Center:**

The Research Center is a resource within My RMH Medical Record portal to obtain additional information about a diagnosis. For example, if one were looking for more information on Influenza (the 'Flu') they would simply type 'Flu' into the search box and press 'Search'. You will then receive a results page where the research center's 'Best Bet' of what the user is searching for will be listed. Select the appropriate choice and you will be directed to the corresponding information page regarding the topic of interest.



## Influenza (Seasonal Flu)

### Topic Overview

**What is influenza (flu)?**

Influenza (flu) is a [viral infection](#) **I**. People often use the term "flu" to describe any kind of mild illness, such as a cold or a [stomach virus](#) **I**, that has symptoms like the flu. But the real flu is different. Flu symptoms are usually worse than a cold and last longer. The flu usually does not cause vomiting or diarrhea in adults.

Most flu outbreaks happen in late fall and winter.

**What causes the flu?**

The flu is caused by influenza viruses A and B. There are different strains of the flu virus every year.

**What are the symptoms?**

The flu causes a fever, body aches, a headache, a dry cough, and a sore or dry throat. You will probably feel tired and less hungry than usual. The symptoms usually are the worst for the first 3 or 4 days. But it can take 1 to 2 weeks to get completely better.

It usually takes 1 to 4 days to get symptoms of the flu after you have been around someone who has the virus.

Most people get better without problems. But sometimes the flu can lead to a bacterial infection, such as an [ear infection](#) **I**, a [sinus infection](#) **I**, or [bronchitis](#) **I**. In rare cases, the flu may cause a more serious problem,

### **Account Settings:**

The last tab available to the portal user is the 'Settings' tab. The first selection when hovering over this tab is 'Account Settings'. In the account settings page you can change your user name, password, security question and password reset question. We are not able to access your password or security question answers so take care to remember your password and security questions answers. You can also choose to un-enroll from the patient portal on the Account Settings page. To edit any of the settings, simply click 'Edit' next to the corresponding setting (i.e. User Name/Password) and complete the required fields.

#### **Account Settings**

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<b>User Name</b>	<a href="#">Hide</a>
Your User Name	
<i>User name must be between 6-20 characters and is case sensitive.</i>	
* New user name:	<input type="text"/>
* Retype user name:	<input type="text"/>
For security reasons, please provide your current password to confirm your identity.	
* Current password:	<input type="password"/>
<input type="submit" value="Submit"/>	
<b>Password</b>	<a href="#">Edit</a>
Your Password *****	
<b>Security Question</b>	<a href="#">Edit</a>
To identify you as the account owner	In what city were you born?
<b>Forgot Password Question</b>	<a href="#">Edit</a>
To request a password reset	What in the morning, evening, and night?
<b>Un-enroll from Patient Portal</b>	<a href="#">Edit</a>
Delete your Patient Portal account	

Fig 14: Account settings gives you the ability to edit any of your information (username, password, security question...etc). You are also able to 'Un-enroll' from the Patient Portal here. Simply click 'Edit' next to the item you wish to modify and click 'Submit' when you have finished making your changes.

**My Information:**

In the My Information page you can update your name, birthday, address, email address and phone number. You can also set up text message alerts under the email address section. If you would like to learn more about text message alerts please refer to the section at the bottom of this guide titled Text Message Alerts.

**My Information**

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 The information on this screen is used by the portal only. The changes are not sent to the practice.

Alex	<a href="#">Edit</a>
<b>Mailing Addresses</b>	
Campbell St      Harrisonburg VA 22801	<a href="#">Edit</a>
<b>E-mail Address</b>	
	<a href="#">Add</a>
	<a href="#">Edit</a>
<b>Phone</b>	
	<a href="#">Add</a>
	<a href="#">Edit</a>

Fig 15: 'My Information' gives you access to all the information associated with your portal account (Name, mailing address, e-mail address, phone). Edit the fields by clicking on the 'Edit' button on the right. If you want to add information, click the 'Add' button on the right.

**Manage User Grants:**

On the Manage User Grants page you can see if there is anyone managing your account or if there are any accounts you manage. For help adding a dependent or care manager please contact your practice or email [PortalSupport@sentara.com](mailto:PortalSupport@sentara.com).

**Manage User Grants**

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Who Manages My Account?

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No one else is managing your account.

Accounts I Manage

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You are not managing anyone else.

*Fig. 16: 'Manage User Grants' gives you the ability to view who is able to manage your account as well as the accounts you are able to manage. Contact your practice manager to change these settings.*

## **Manage Your Practices:**

If you are a patient at any RMH affiliated practice and want to interact with those providers, you will need to first obtain a token from that practice and then enter the information below to have access to communications with that specific practice.

### **Manage your practices**

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**You are currently enrolled in the following practices :**

RMH Medical Group

[Un-enroll me from this practice](#)

**Enroll to the additional practice:**

Please enter your security token and your email address. Your enrollment token is an eight digit number provided by your practice. Once security token and email address have been validated, you will be enrolled in your practice. If you have not received an enrollment notification email, please contact your practice. Asterisk (\*) denotes required field.

\*Enter security token:

[What is security token?](#)

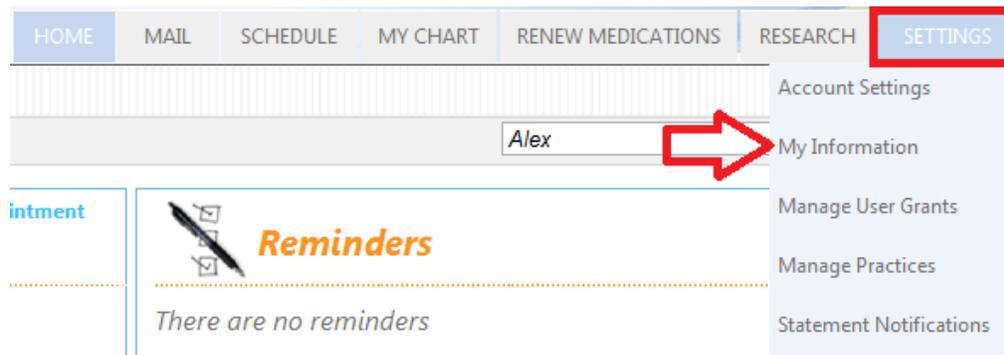
\*Enter email address:

*Fig. 17: 'Manage your practices' gives you the ability to view the practices you are currently enrolled in as well as add enroll in new practices. To enroll in a new practice you will need to contact the practice and have them issue you an enrollment token.*

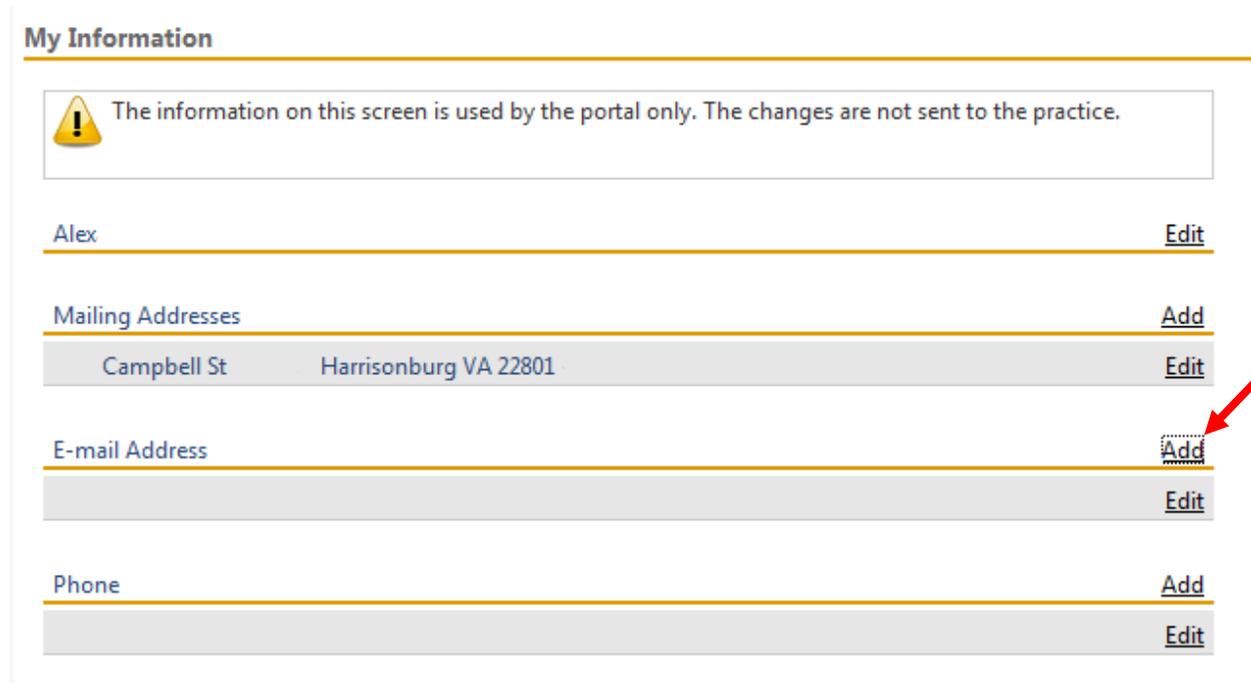
**Text Message Alerts:**

To activate 'Text Message Alerts' adhere to the following guide:

From the 'Patient Portal Dashboard' or your 'Home' page hover your cursor over the 'Settings' tab on the right just above the 'Log Out' button and select 'My Information'.



1. In the 'E-mail Address' section click the 'Add' button on the right.



2. In the E-mail Address field, type in your ten digit mobile phone number followed by the appropriate wireless extension. Do not add spaces, dashes or parentheses. For example, if your phone number is (540)689-1000 and your cell phone provider is Verizon the email address should read 5406891000@vtext.com. We have provided a list of cellular company extensions at the end of the guide for your convenience.
3. Click the 'Format' drop down menu and choose 'Text Message'. Check the box beside 'Receive notifications at this e-mail address' and click 'Add' to save your changes.

The screenshot shows a form titled "E-mail Address" with a blue "Add" link in the top right corner. The form contains the following elements:

- An input field labeled "\*E-mail Address" containing the text "5406891000@vtext.com". A red arrow points to the right side of this field.
- A "Format:" label followed by a dropdown menu currently set to "Text Message". A red arrow points to the dropdown arrow.
- A checked checkbox labeled "Receive notifications at this e-mail address". A red arrow points to the checkbox.
- A blue "Add" button with a red border, located below the checkbox.

Standard message and data rates may apply. To stop receiving text message alerts simply uncheck the 'Receive notifications at this e-mail address' check box (pictured above). To learn how to edit 'E-mail Address' associated with your portal account see the previous section of the guide regarding 'My Information'.

This completes the My RMH Medical Record user guide. If you have any questions on use of the portal refer to the section pertaining to your question or email [PortalSupport@sentara.com](mailto:PortalSupport@sentara.com) at any time and support staff will assist you as quickly as possible.

**Provider**

**E-mail to SMS address format**

3 River Wireless

xxxxxxxx@sms.3rivers.net

Advantage Communications

xxxxxxxx@advantagepaging.com

AirVoice

xxxxxxxx@mmode.com

Airtouch Pagers

xxxxxxxx@airtouch.net

Airtouch Pagers

xxxxxxxx@airtouchpaging.com

Airtouch Pagers

xxxxxxxx@alphapage.airtouch.com

Airtouch Pagers

xxxxxxxx@myairmail.com

AllTel

xxxxxxxx@message.alltel.com

Alltel PCS

xxxxxxxx@message.alltel.com

Alltel

[xxxxxxxx@alltelmessage.com](mailto:xxxxxxxx@alltelmessage.com)

Ameritech Paging

xxxxxxxx@pageapi.com

Arch Pagers (PageNet)

xxxxxxxx@archwireless.net

Arch Pagers (PageNet)

xxxxxxxx@epage.arch.com

Bell South (Blackberry)

xxxxxxxx@bellsouthtips.com

Bell South Mobility

xxxxxxxx@blsdc.com

Bell South

xxxxxxxx@sms.bellsouth.com

Bell South

xxxxxxxx@wireless.bellsouth.com

Bluegrass Cellular

xxxxxxxx@sms.bluecell.com

Boost Mobile

xxxxxxxx@myboostmobile.com

CallPlus

xxxxxxxx@mmode.com

Caroline Mobile Communications	xxxxxxxx@cmcpaging.com
Cellular One East Coast	xxxxxxxx@phone.cellone.net
Cellular One PCS	xxxxxxxx@paging.cellone-sf.com
Cellular One South West	xxxxxxxx@swmsg.com
Cellular One West	xxxxxxxx@mycellone.com
Cellular One	xxxxxxxx@message.cellone-sf.com
Cellular One	xxxxxxxx@mobile.celloneusa.com
Cellular One	xxxxxxxx@sbcemail.com
Cellular South	xxxxxxxx@csouth1.com
Central Vermont Communications	xxxxxxxx@cvcpaging.com
CenturyTel	xxxxxxxx@messaging.centurytel.net
Cingular (GSM)	xxxxxxxx@cingularme.com
Cingular (TDMA)	xxxxxxxx@mmode.com
Cingular Wireless	xxxxxxxx@mobile.mycingular.net
Cingular	xxxxxxxx@cingularme.com
Communication Specialists	xxxxxxxx@pageme.comspeco.net
Cook Paging	xxxxxxxx@cookmail.com
Corr Wireless Communications	xxxxxxxx@corrwireless.net
Dobson Communications Corporation	xxxxxxxx@mobile.dobson.net
Dobson-Alex Wireless / Dobson-Cellular One	xxxxxxxx@mobile.cellularone.com
Edge Wireless	xxxxxxxx@edgewireless.com
GCS Paging	xxxxxxxx@webpager.us
GTE	xxxxxxxx@gte.pagegate.net

GTE	xxxxxxxx@messagealert.com
Galaxy Corporation	xxxxxxxx@sendabeep.net
GrayLink / Porta-Phone	xxxxxxxx@epage.porta-phone.com
Houston Cellular	xxxxxxxx@text.houstoncellular.net
Inland Cellular Telephone	xxxxxxxx@inlandlink.com
JSM Tele-Page	xxxxxxxx@jsmtel.com
Lauttamus Communication	xxxxxxxx@e-page.net
MCI Phone	xxxxxxxx@mci.com
MCI	xxxxxxxx@pagemci.com
Metro PCS	xxxxxxxx@metropcs.sms.us
Metro PCS	xxxxxxxx@mymetropcs.com
Metrocall 2-way	xxxxxxxx@my2way.com
Metrocall	xxxxxxxx@page.metrocall.com
Midwest Wireless	xxxxxxxx@clearlydigital.com
Mobilecom PA	xxxxxxxx@page.mobilcom.net
Mobilfone	xxxxxxxx@page.mobilfone.com
Morris Wireless	xxxxxxxx@beepone.net
NPI Wireless	xxxxxxxx@npiwireless.com
Nextel	xxxxxxxx@messaging.nextel.com
Nextel	xxxxxxxx@page.nextel.com
Ntelos	xxxxxxxx@pcs.ntelos.com
Omnipoint	xxxxxxxx@omnipoint.com
Omnipoint	xxxxxxxx@omnipointpcs.com

OnlineBeep	xxxxxxxx@onlinebeep.net
PCS One	xxxxxxxx@pcsone.net
Pacific Bell	xxxxxxxx@pacbellpcs.net
PageMart	xxxxxxxx@pagemart.net
PageOne NorthWest	xxxxxxxx@page1nw.com
Pioneer / Enid Cellular	xxxxxxxx@msg.pioneerenidcellular.com
Price Communications	xxxxxxxx@mobilecell1se.com
ProPage	xxxxxxxx@page.propage.net
Public Service Cellular	xxxxxxxx@ sms.pscel.com
Qualcomm	name@pager.qualcomm.com
Qwest	xxxxxxxx@qwestmp.com
RAM Page	xxxxxxxx@ram-page.com
ST Paging	pin@page.stpaging.com
Safaricom	xxxxxxxx@safaricomsms.com
Satelindo GSM	xxxxxxxx@satelindogsm.com
Satellink	xxxxxxxx.pageme@satellink.net
Simple Freedom	xxxxxxxx@text.simplefreedom.net
Skytel Pagers	xxxxxxxx@email.skytel.com
Skytel Pagers	xxxxxxxx@skytel.com
Smart Telecom	xxxxxxxx@mymart.mymobile.ph
Southern LINC	xxxxxxxx@page.southernlinc.com
Southwestern Bell	xxxxxxxx@email.swbw.com
Sprint PCS	xxxxxxxx@messaging.sprintpcs.com

Sprint	xxxxxxxx@sprintpaging.com
SunCom	xxxxxxxx@tms.suncom.com
Surewest Communications	xxxxxxxx@mobile.surewest.com
T-Mobile	xxxxxxxx@tmomail.net
TIM	xxxxxxxx@timnet.com
TSR Wireless	xxxxxxxx@alphame.com
TSR Wireless	xxxxxxxx@beep.com
Teletouch	xxxxxxxx@pageme.teletouch.com
Telus	xxxxxxxx@msg.telus.com
The Indiana Paging Co	xxxxxxxx@pager.tdspager.com
Triton	xxxxxxxx@tms.suncom.com
US Cellular	xxxxxxxx@email.uscc.net
USA Mobility	xxxxxxxx@mobilecomm.net
Unicel	xxxxxxxx@utext.com
Verizon PCS	xxxxxxxx@myvzw.com
Verizon Pagers	xxxxxxxx@myairmail.com
Verizon	xxxxxxxx@vtext.com
Virgin Mobile	xxxxxxxx@vmobl.com
Virgin Mobile	xxxxxxxx@vxtras.com
WebLink Wireless	xxxxxxxx@pagemart.net
West Central Wireless	xxxxxxxx@sms.wcc.net
Western Wireless	xxxxxxxx@cellularonewest.com
Wyndtell	xxxxxxxx@wyndtell.com

