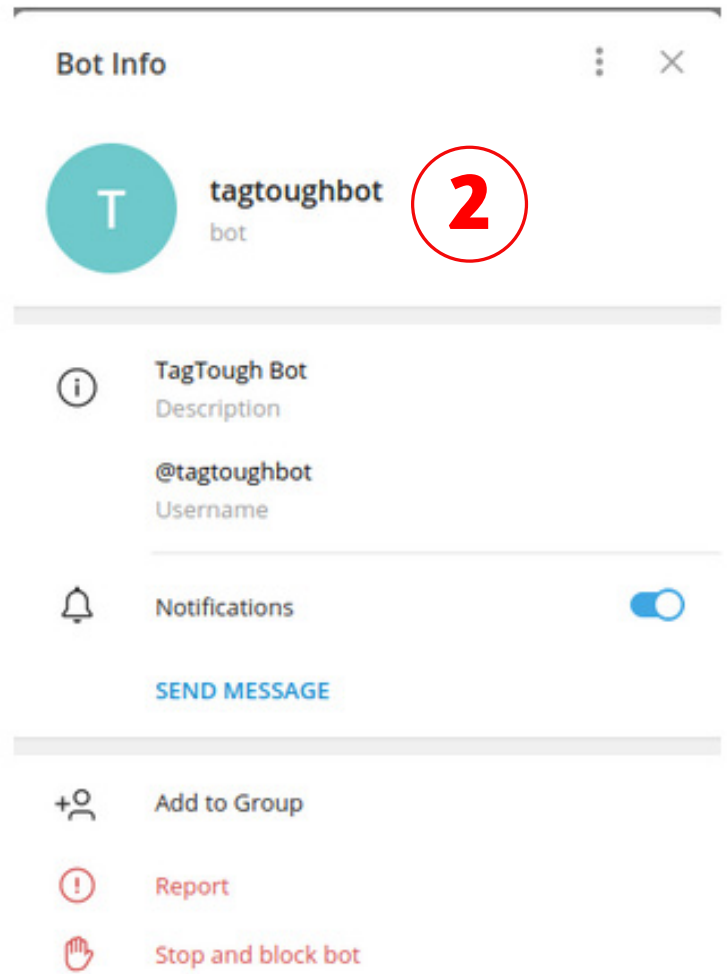
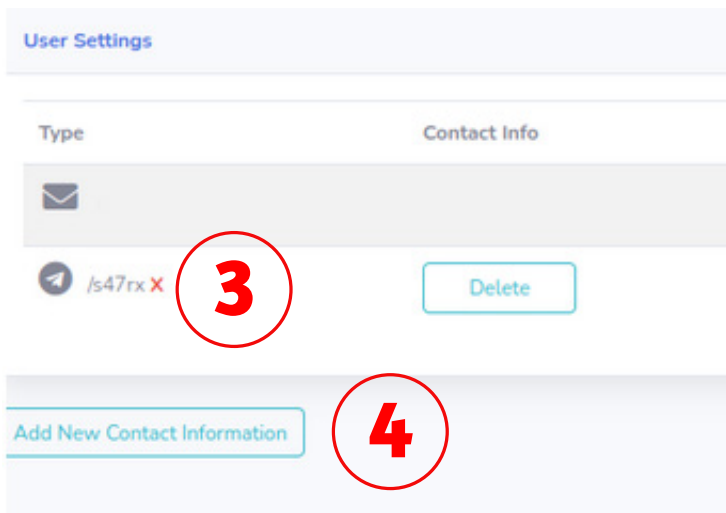


Instructions for Telegram setup

1. Open the telegram app on your device.
2. Search for the tagtoughbot.
3. Copy your telegram key from the contacts page.



4. If you don't have a telegram account produce one by clicking on 'add new contact information' and select Telegram as a contact type.

5. Enter or paste the Telegram key into the write message field.

You have successfully set up your Telegram account!

