3-1 TOP page

Display a message board on which to post messages.

Enter the phone number where you wish to post a message and press “Post” button.

⚠ Phone number
Enter only numbers without hyphens for the phone number.
※ Some numbers cannot be entered such as international phone numbers.

3-2 Post a message page

You can post a message.

Enter your name, safety status, and message, then press “Post” button.

Your posted message will be shown at the bottom of the screen.

⚠ Name
Enter the name of the person who will post a message.

⚠ State of health
Select your state of health. Plural responses can be selected.

⚠ Message
Enter up to 200 single-byte characters.
※ You must enter either your state of health or a message.
※ Newly posted messages will be displayed in order from the top.
When plural message boards are displayed

When there are plural message boards for a phone number where you wish to post or read a message, plural message boards will be displayed.

Press the "Post" button for the message board where you wish to post a message.
4-1 TOP page

Display a message board where you can read messages.

Enter the phone number of the person whose message you wish to read, then press the “Read a message” button.

⚠️ Phone numbers
- Enter only numbers without hyphens for the phone number.
- Some numbers such as international phone numbers cannot be entered.

4-2 Read a message page

Read the message.
You can also post your own message after reading the posted message.
4-3 When there are no messages on a message board

Receive email notification when a new message has been posted. Enter your email address and press the “Request auto notification” button.

⚠️ Depending on communication conditions, email may arrive late or be undelivered.

Reading messages posted on a message board of cell phone carriers

Read messages posted on the message boards of cell phone carriers. Please refer to the respective message boards of cell phone carriers.

⚠️ When using the message boards of cell phone carriers, the terms of use for the respective mobile phone carrier will apply.

4-4 Enter a mobile phone number to check for messages posted on the message boards of cell phone carriers

Please refer to the respective message boards of cell phone carriers.
Set contacts for auto notify when a message is posted (posting, update, deletion) (PC version) 1/6

If you do not conduct this registration, notifications will not be sent when messages are posted.

1-1 TOP page

- When service is unavailable

Set contacts who will be automatically notified when a message is posted (Posting, update, deletion).

Press the “Click here for posting, update, and deletion.”

- When service is available

Post your message.

Press the “Post New Message” button.

- If you have already posted a message and wish to update or delete it, press the “Update/Delete posted message” button. Refer to 2-1 for procedures.

1-2 Message Posting TOP page
1-3 Posting a message: Basic information

Enter your information and press the “Next” button.

- **Name**
Enter your name.
- **Phone number**
Enter the phone number to which messages will be posted using only numbers without hyphens.
  ※ Some numbers such as international phone numbers cannot be entered.
- **Email address**
Enter your email address in single-byte alphanumeric characters.
- **Update password**
A password will be required to update and delete user information, so please write it down and store it safely.

1-4 Posting a message: Set contacts for auto notify

Enter the names, email addresses, and phone numbers of the people you wish to notify by message and press the “NEXT” button.

- **Name**
Enter the name of a contact.
- **Email address**
Enter the email address of a contact using single-byte alphanumeric characters.
  ※ Notifications will be sent to registered email addresses.
- **Phone number**
Enter only numbers without hyphens for the phone number.
  ※ Voice notifications will be delivered to registered numbers.
  ※ Some numbers cannot be entered such as international phone numbers.
1-5 Posting a message: Confirmation

Confirm if there are any errors in the information to be registered.

Enter the name of the person who is posting the message board, and press the “Register” button.

An email will automatically be sent to your contacts informing them that they have been registered as contacts for auto notify.

If you need to edit the information, press the “Back” button to return to the previous screen.

1-6 Posting a message: Completion

Posting has been completed.

To edit or delete the registered contents, go to the TOP page “Update/Delete user registration”.
2-1 Update/Delete a message on a message board TOP page

Press the “Update/Delete a posted message” button.

2-2 Update/Delete a message on a message board: Authentication

Authenticate to update or delete a posted message.

- **Update**
  Enter the phone number, email address, and updated password for the posted message board, and press the “Update” button.

- **Delete**
  Enter the phone number, email address, and updated password for the posted message, and press the “Delete” button.

  - Refer to 2-7 for procedures.

2-3 Update a message board: Basic information

Enter the changes and press the “Next” button.

⚠️ If there are no changes, press the “Next” button and proceed to the next page.
2-4 Update a message board: Contacts for auto notify

Enter the changes and press the “Next” button.

If there are no changes to your contacts for auto notify, press the “Next” button and proceed to the next page.

2-5 Update a message board: Confirmation

Confirm the edited contents.

Confirm the edited contents and press the “Update” button.

By pressing the “Update” button, a notification of the updated contents will be sent to your email address.
2-6 Results of a Message Board Update

The update has been completed.

2-7 Confirmation of a Message Board Deletion

A message board can be deleted.

After confirming the message board, it can be deleted by pressing the “Delete” button.

All registered information including your basic information and contacts for auto notify will be deleted.

An email informing you that your user registration has been deleted will be automatically sent to you.

If you wish to register the message board again, go to the registration page.

2-8 Completion of a Message Board Deletion

Deletion has been completed.