

TELEPAGE COMMUNICATIONS, INC.  
3150 POWER INN ROAD  
SACRAMENTO, CA 95826  
916-340-2700

**There are two ways to send a text message to an alphanumeric pager:**

1. Thru your Email address:

Go to "Create New Mail"

In the "To:" address field, (No Spaces)

Type your 10 digit pager [number@cookmail.com](mailto:1234567890@cookmail.com) or  
@cookpager.net

Type your message. (You can use the subject line if you want).

Click "Send" to forward message.

2. Thru the Internet:

Go to "www.cookpaging.com"

Click on: "Send a Message"

Enter your 10 digit pager number. (no spaces)

Enter your name

Click on "Continue"

Type your message.

Click "Send"