1.绑定方糖 Server 酱

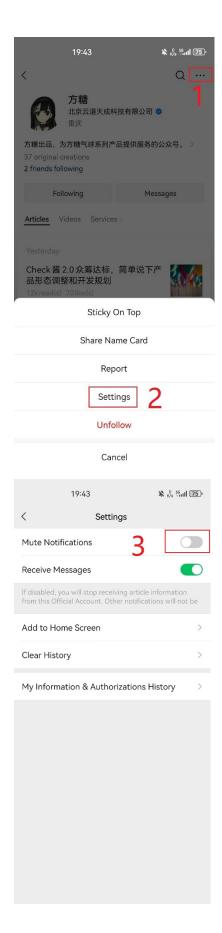
https://sct.ftqq.com/login



2.复制 SendKey



3.打开消息推送



4.将 SendKey 与你关心的关键词(可多个)发我