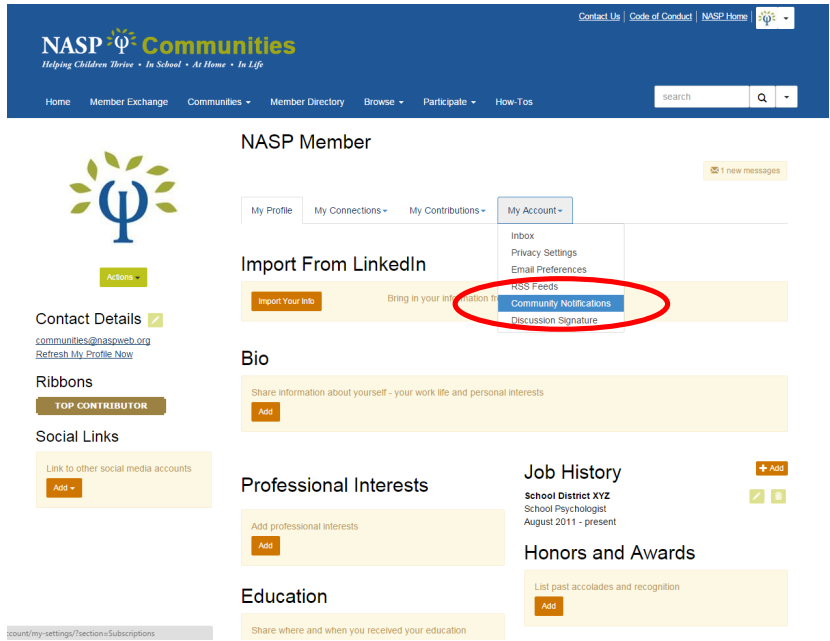
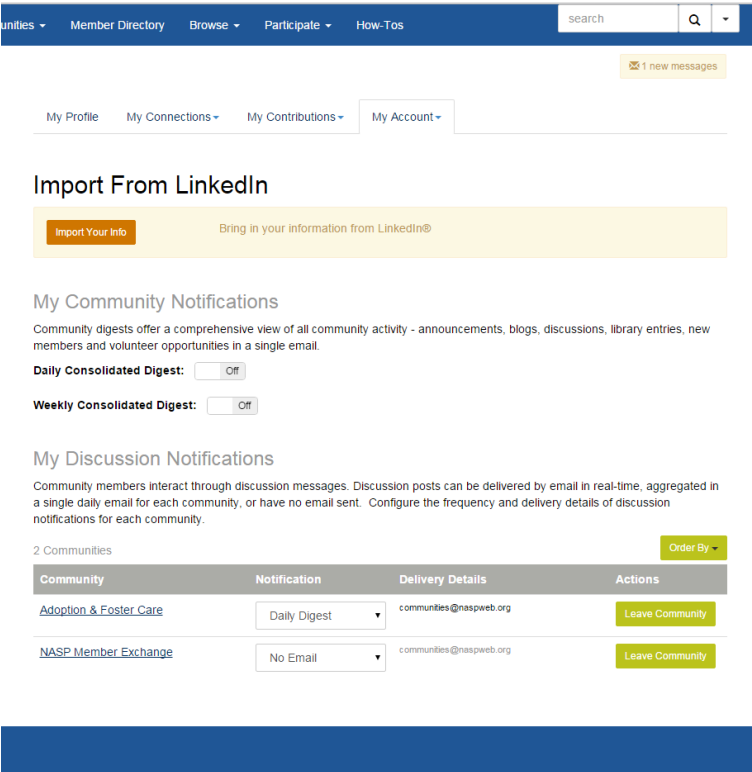


Accessing and Changing Your Discussion Group E-mail Preferences from the “My Account” Tab of Your Profile



Step 1: Click on “My Account”, then select “Community Notifications” from the drop-down menu.



Step 2: For each community that you are subscribed to, you can choose to receive e-mail notifications in **real time** (you will receive an e-mail every time someone posts in the community), or via **daily digest** (you will be sent one e-mail each morning with the previous day’s conversations.) You can also choose to receive **no emails**, or to **unsubscribe** from a community completely.