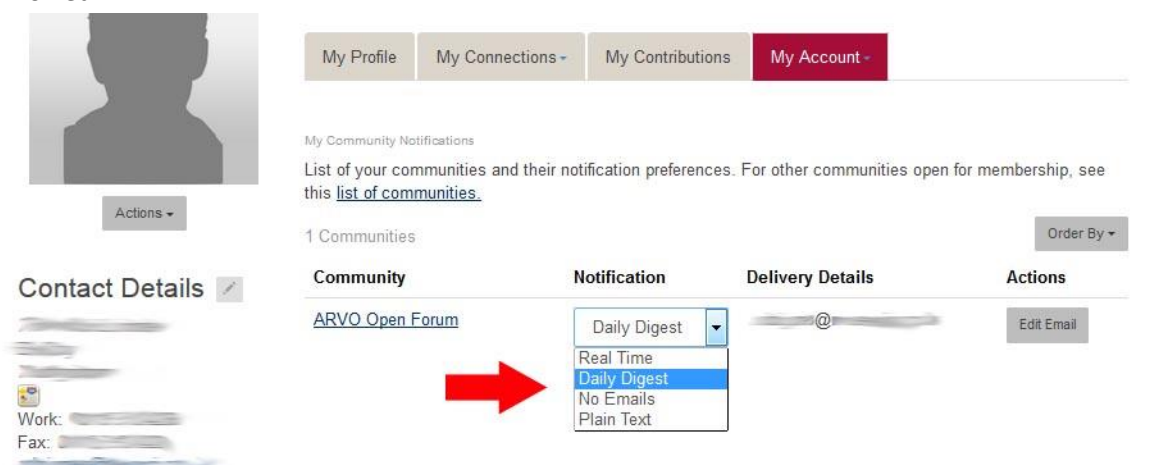# How to change your email settings

1. **[Log in to ARVOConnect](#).**

2. **Go to your profile**, which you can access in the top-right corner or under "Profile" in the top navigation.

3. When viewing your profile, you'll see tabs towards the top that say Profile, My Settings, My Posts, etc. **Click on the "My Account" tab, and select "Community Notifications**."

4. From here, you can **update the email subscriptions for each community** in which you are involved.

Here are the different type of email subscription options:

- **Real Time** – You will get an email immediately after someone posts to that community's discussion board.

- **Daily digest** – This is what you currently have and what we recommend, so you can stay updated on what your colleagues are discussing. It is a daily email from each community with the latest posts, mostly from the day before.

- **Plain Text** – You will get real-time emails, but in "plain text" – nothing fancy.

- **No emails** – You will be able to see the discussions when you login to ARVOConnect, but you will not get any emails alerting you of the posts.

If you want to stop receiving emails, we recommend you choose the "no emails" option, so you can still access the discussions when you log in. Unsubscribe means you no longer belong to that community and will not see its activity.