Updating Your Email Preferences

You can manage your email preferences from the “Email Preferences” page. To access this page and set your email notification settings:

1. **Sign into the ASHA Community** (https://community.asha.org/home) using your ASHA.org account username and password
2. **Click your photo/profile icon in the top right corner and select “Profile”**

![Profile Icon](image)

3. **Select “My Account” and “Email Preferences” from the dropdown menu**

![Dropdown Menu](image)

4. **In your Email Preferences, you can set whether you would like to receive:**
5. To set whether you would like to receive email notifications of posts to Discussion Boards of the individual Communities for which you are a member, select “My Account” and “Community Notifications” from the dropdown menu.

6. In your Community Notifications, for each Community for which you are a member, you can set whether you would like to receive email notifications of posts to Discussion Boards:
   - In real time
   - In a daily digest
   - No email