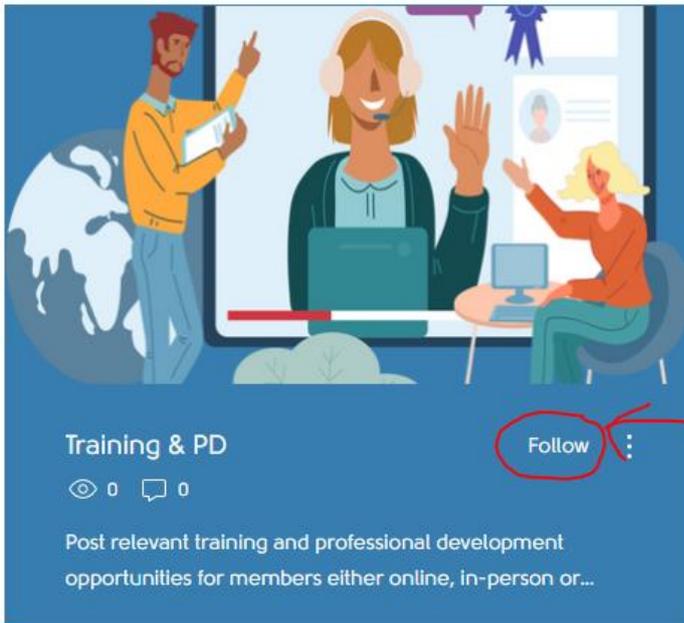


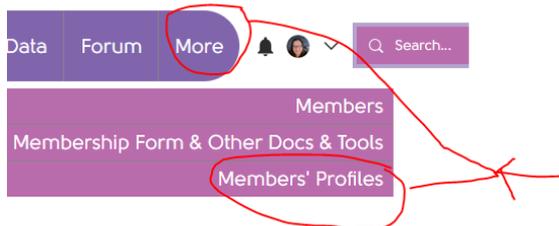
## Forum Functions – How to Follow and Get Email Notifications

### 1. Follow a Forum Group

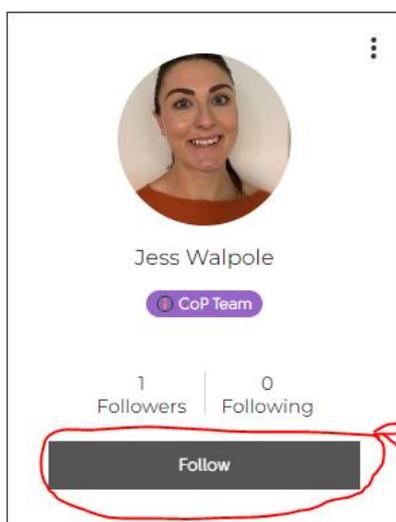
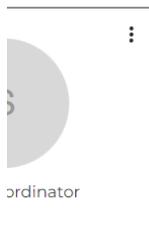


Click 'Follow' in the bottom right hand corner of the Forum Group you want to follow.

### 2. Follow another Member

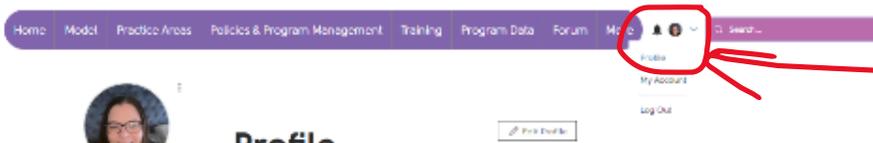


a) Go to the top menu and select 'Members' Profiles.'

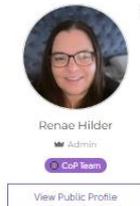
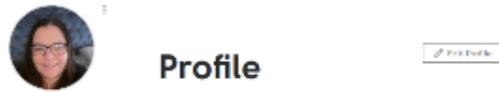


b) Go to the profile of the member you want to follow and click 'Follow.'

### 3. Set up your Email Notifications for Posts

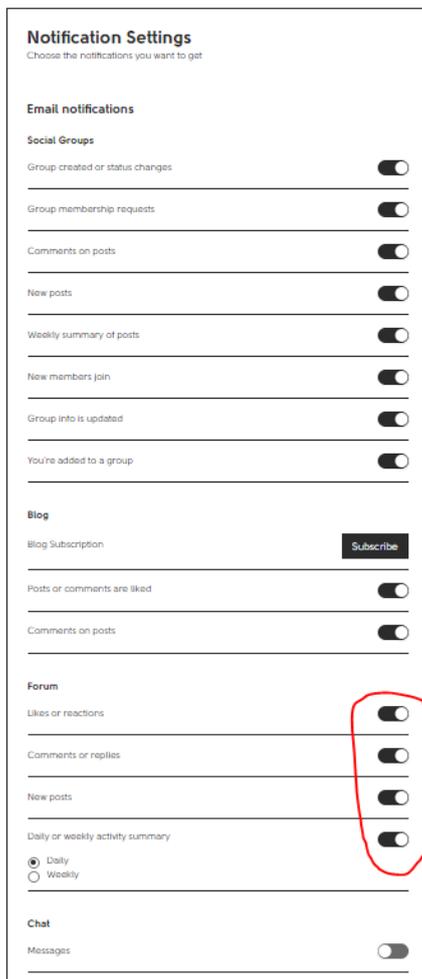
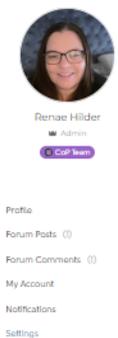


a) Go to the top menu and click the drop down arrow next to your login image and select 'Profile'



- Profile
- Forum Posts (0)
- Forum Comments (0)
- My Account
- Notifications
- Settings

b) Go to the menu under your profile image and click on 'Settings.'



c) Enable the toggle for each notification you want to receive via email i.e.

**Likes or reactions:** Receive notifications when someone likes your post or reacts to it with a heart.

**Comments or replies:** Receive notifications when someone comments or replies to your posts.

**New Posts:** Receive notifications when another member creates a new post.

**Daily or weekly activity summary:** Receive notifications summarizing daily or weekly activity from your forum.