



1. Login to [ASM CONNECT](#)
2. Click on your Picture in the upper right corner, then “Profile”
3. Under the “My Account” tab go to “Community Notifications”

4. We suggest “consolidated daily digest”, but you can set to receive: Real Time, Daily Digest, Plain Text, or No email – using the pull down arrow.

“Consolidated digests” emails you a summary of discussion posts either daily or weekly.