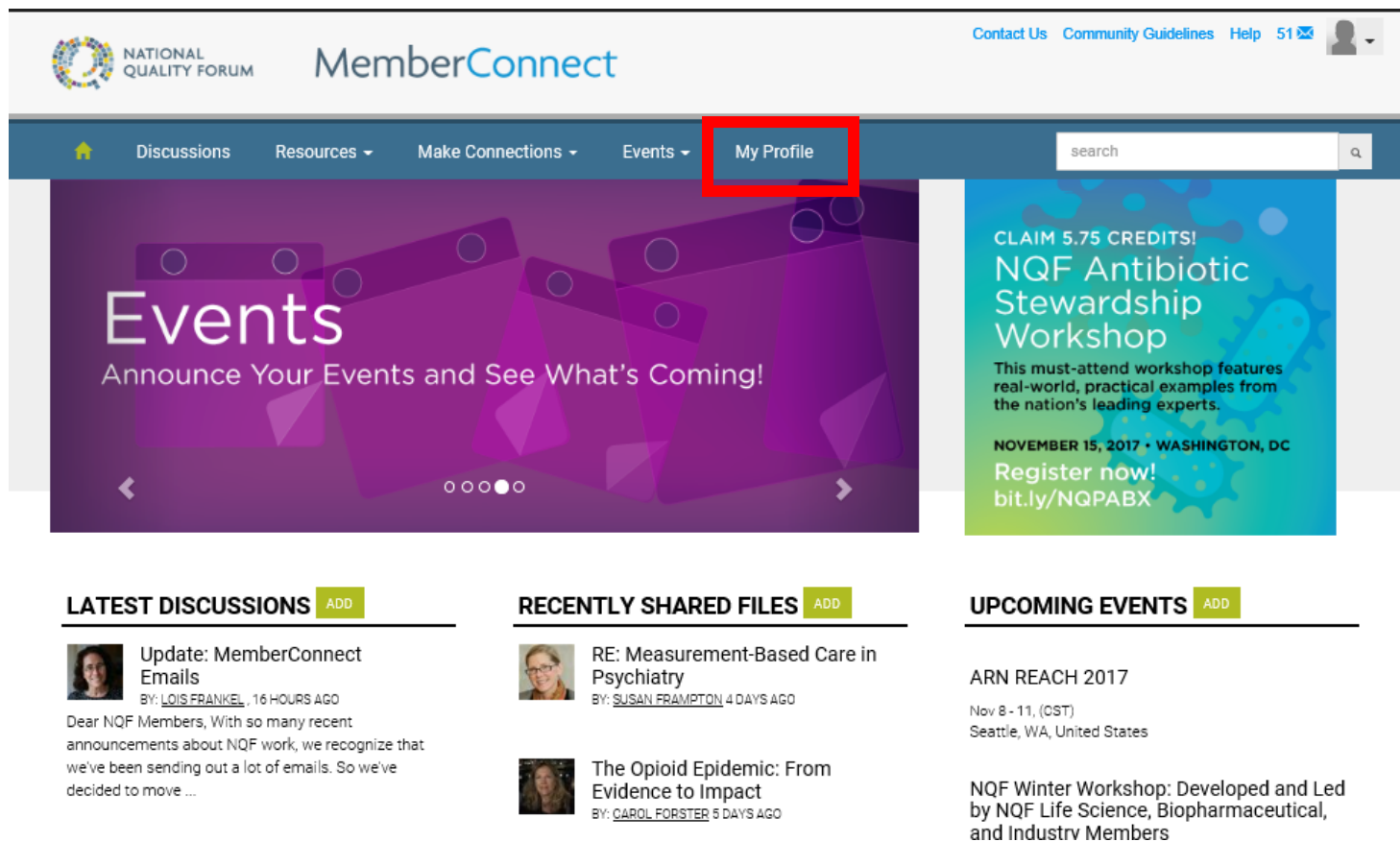# Selecting the Frequency of
NQF MemberConnect Digest Emails

1. Go to the Community **here** (**http://connect.qualityforum.org/home**)

2. Click on My Profile

3. Click on the My Account drop-down menu, and choose Community Notifications

4. **In the Notifications Settings section at the bottom, click on the blue box drop-down under Discussion Email, and make your choice. It will automatically be saved.**