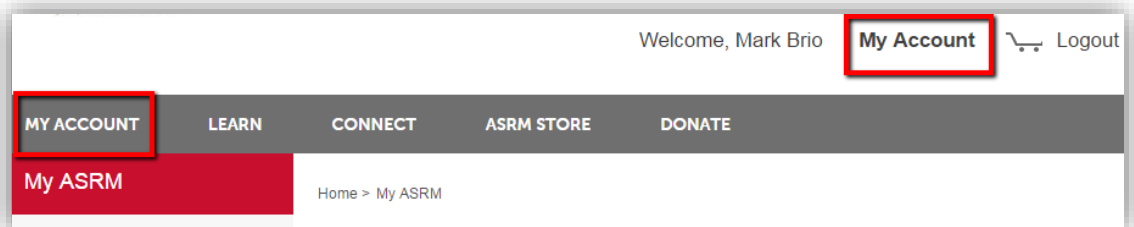


# How to Change Your Communication Preferences

From the “Communication Preferences” tab on your account, you can indicate what types of communication you would like to allow and whether to include your preferences in the member directory. To update your preferences:

1. Go to [www.asrm.org](http://www.asrm.org) and click “Log In” (located in the upper right corner on a desktop computer).
2. On the “My ASRM” homepage, log in to your account.
3. Once logged in, click on one of the “My Account” buttons toward the top of the page.



4. On the My Account page, select “Communication Preferences” in the Communications section.
5. Edit your communications options by clicking on the blue Edit link.

