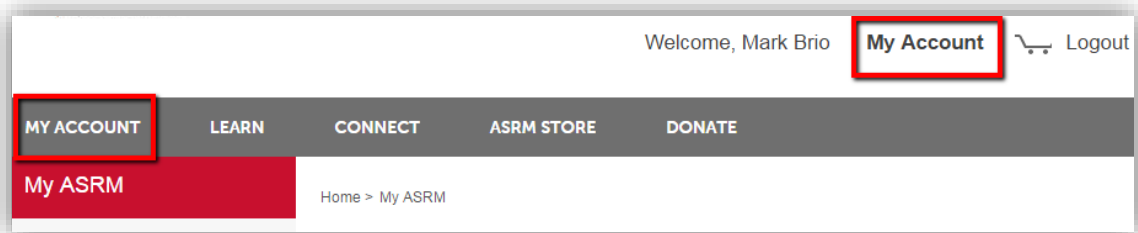
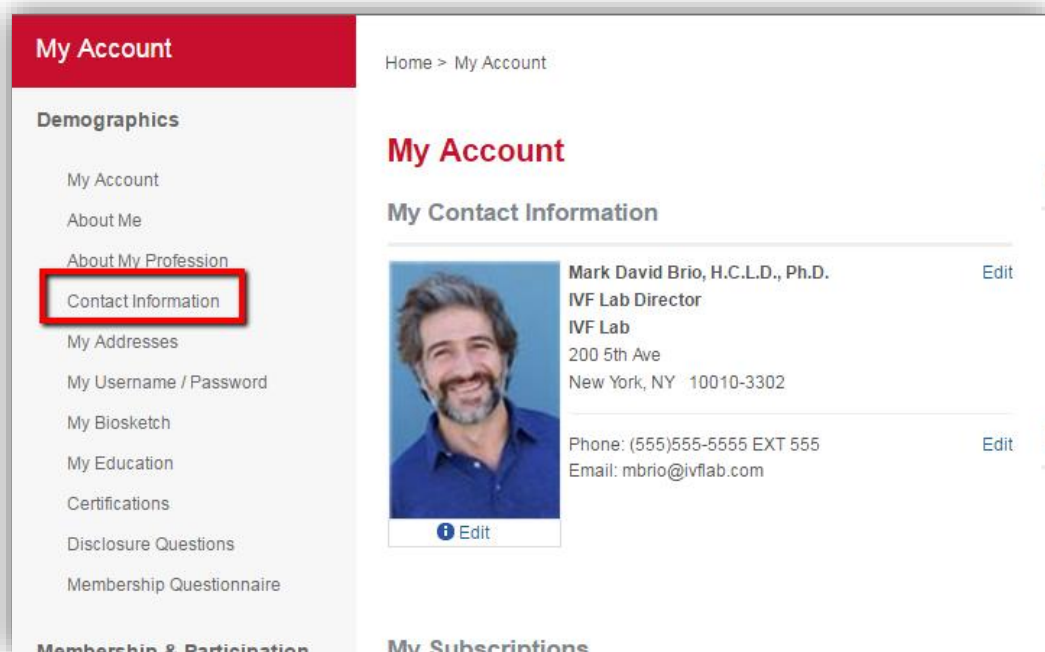


# How to Update Your Phone Number or Email

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, login in to an existing account or click “Register” to create a new ASRM 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 “Contact Information” under the Demographics section.



5. The contact information page will allow you to edit or add phone numbers, emails, or web addresses. Click the blue “Edit” link to change your information, the blue “Delete” link to delete your information, or the “Add New” link to enter additional contact information.

### Contact Information

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#### Phone

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Phone	<a href="#">Edit</a>   <a href="#">Delete</a>
Work	
(555)555-5555 EXT 555	Main

[Add New Phone Number](#)

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#### Email

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Home	<a href="#">Edit</a>   <a href="#">Delete</a>
mbrio@gmail.com	
Work	<a href="#">Edit</a>   <a href="#">Delete</a>
mbrio@ivfab.com	Main

[Add New Email Address](#)

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#### Web/Social Media Sites

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No records to display.

[Add New Website Address](#)