



## American Society of Regional Anesthesia and Pain Medicine

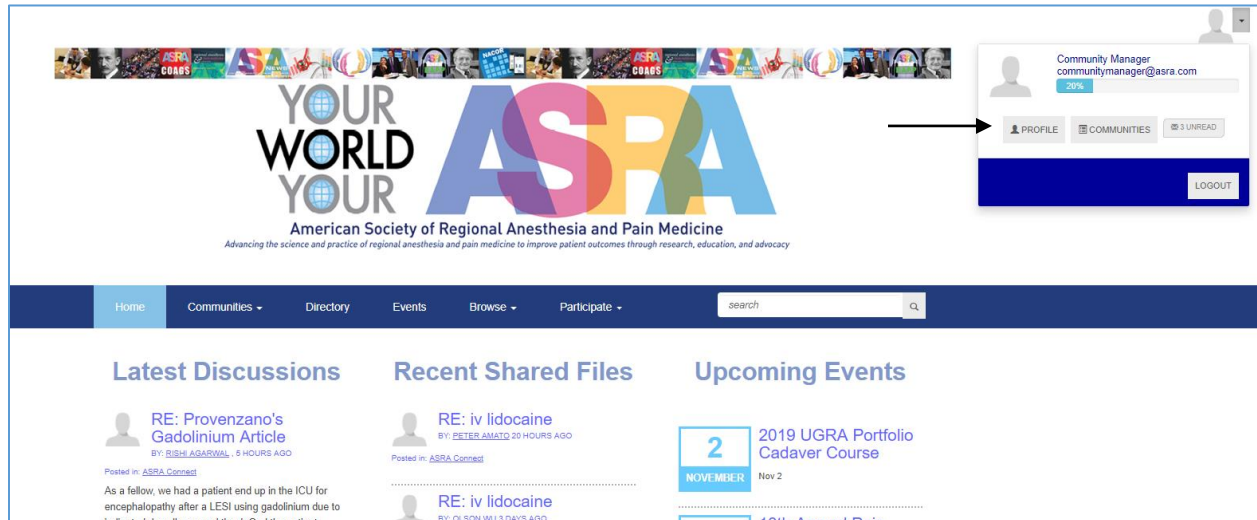
Advancing the science and practice of regional anesthesiology and pain medicine to improve patient outcomes through research, education, and advocacy

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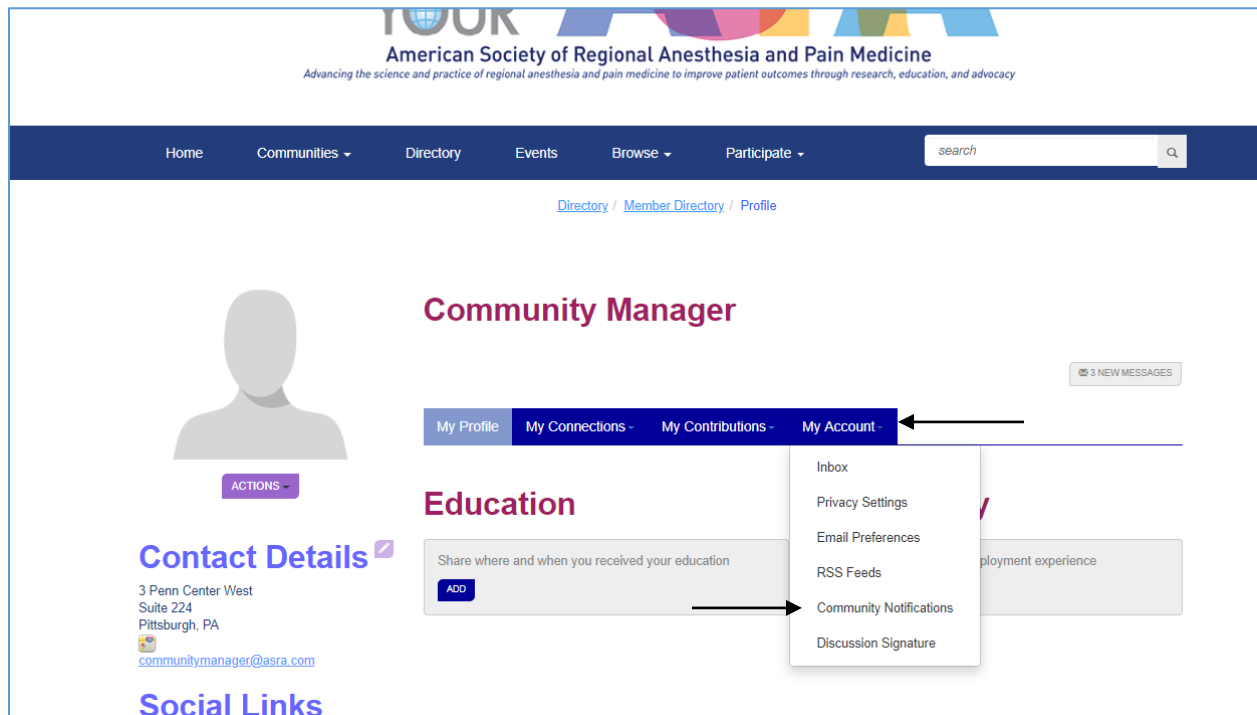
### Updating Your Community Notifications

Step 1: Sign in to ASRA Connect by [clicking here](#) and using your ASRA login credentials.

Step 2: In the top right corner, click the dropdown arrow and select the “PROFILE” box on the left.



Step 3: Click the dropdown arrow next to “My Account” and select the “Community Notifications” option.



Step 4: Scroll down to “Notification Settings” to see a list of your community emails.

Step 5: To begin receiving a consolidated weekly digest, uncheck the “Consolidated Daily Digest” box and check the “Consolidated Weekly Digest” box.

## Notification Settings

Yes Automatically set community discussion emails to "No Email" when a community is added to a consolidated digest.

7 Communities COMMUNITY NAME A-Z ▾

Community	Discussion Email		Consolidated Daily Digest	Consolidated Weekly Digest
<a href="#">ASRA Connect</a>	NO EMAIL ▾	→	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<a href="#">Education in Regional Anesthesia SIG</a>	NO EMAIL ▾		<input type="checkbox"/>	<input checked="" type="checkbox"/>
<a href="#">Green Anesthesia SIG</a>	NO EMAIL ▾		<input checked="" type="checkbox"/>	<input type="checkbox"/>
<a href="#">Headache SIG</a>	NO EMAIL ▾		<input checked="" type="checkbox"/>	<input type="checkbox"/>
<a href="#">Neuromodulation SIG</a>	NO EMAIL ▾		<input checked="" type="checkbox"/>	<input type="checkbox"/>

This will need to be done for each community. The “Consolidated Weekly Digest” box should be selected for all communities listed.

## Notification Settings

Yes Automatically set community discussion emails to "No Email" when a community is added to a consolidated digest.

7 Communities COMMUNITY NAME A-Z ▾

Community	Discussion Email		Consolidated Daily Digest	Consolidated Weekly Digest
<a href="#">ASRA Connect</a>	NO EMAIL ▾		<input type="checkbox"/>	<input checked="" type="checkbox"/>
<a href="#">Education in Regional Anesthesia SIG</a>	NO EMAIL ▾		<input type="checkbox"/>	<input checked="" type="checkbox"/>
<a href="#">Green Anesthesia SIG</a>	NO EMAIL ▾		<input type="checkbox"/>	<input checked="" type="checkbox"/>
<a href="#">Headache SIG</a>	NO EMAIL ▾		<input type="checkbox"/>	<input checked="" type="checkbox"/>
<a href="#">Neuromodulation SIG</a>	NO EMAIL ▾		<input type="checkbox"/>	<input checked="" type="checkbox"/>

Step 6: To receive the consolidated weekly digest on the day of your choice, scroll up to “Weekly Consolidated Community Digest” and select the day you would like to receive your digest.

## Community Notifications

Community notification will be delivered to your primary address:

communitymanager@asra.com

To receive specific community notifications at an address other than your primary, set override(s) where desired.

**Daily Consolidated Community Digest:** [?](#)  
Deliver to your primary address. [change](#)

**Weekly Consolidated Community Digest:** [?](#) ←  
Deliver on **MONDAY** to your primary address. [change](#)

**Discussion**  
You have [add override addresses](#)

## Settings

community discussion emails to "No Email" when a community is added to a consolidated digest.

COMMUNITY NAME A-Z ▾

Community	Discussion Email	Consolidated Daily Digest	Consolidated Weekly Digest
<a href="#">ASRA Connect</a>	NO EMAIL	<input type="checkbox"/>	<input checked="" type="checkbox"/>