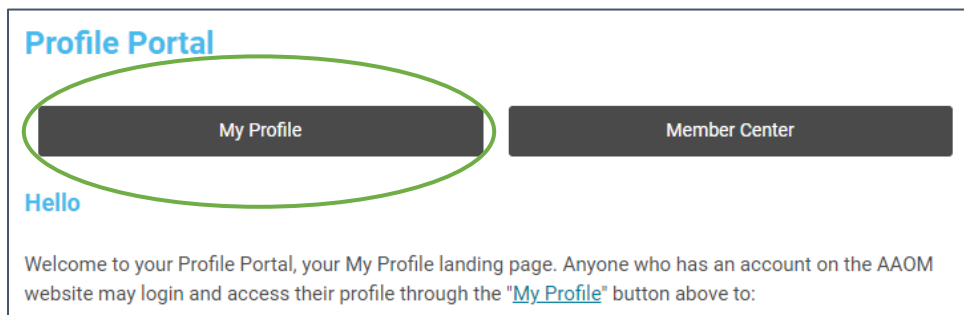


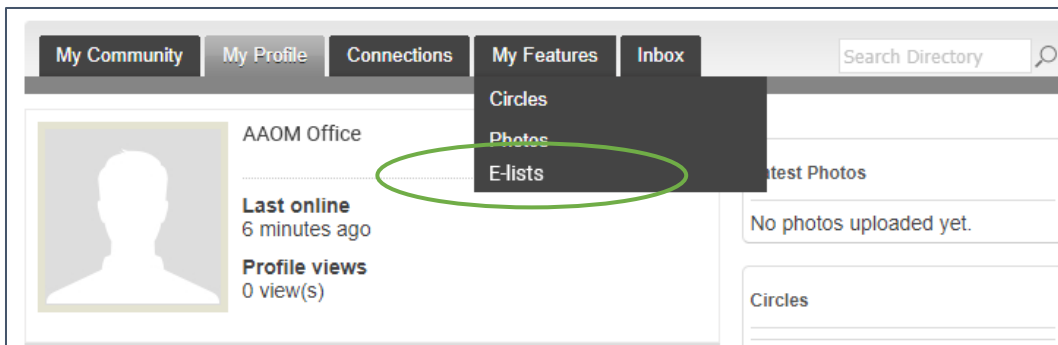
How to Join an AAOM E-List

Follow the steps below to subscribe to an AAOM E-list. If you have any issues, please contact the AAOM Office at info@aaom.com or 206-209-5279.

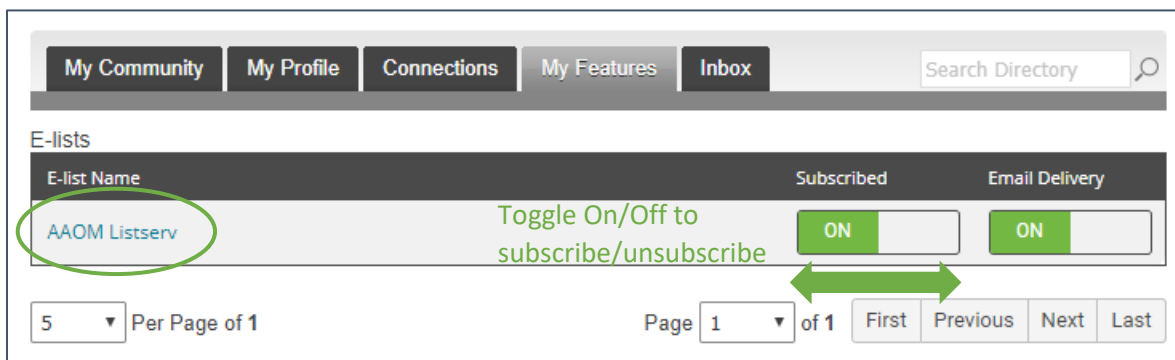
Step 1. Log into your [profile](#) and click on the *My Profile* button.



Step 2. On your profile, hover over *My Features* in the top menu bar. Mouse down and click on *E-lists*.



Step 3. This page displays any E-lists you are eligible to join. From this page you can subscribe to or unsubscribe from any of the lists.



- The *Subscribed* toggle adds or removes you from the E-list.
- The *Email Delivery* toggle turns On or Off email delivery of all E-list messages. **The recommended setting is ON.** If you turn this off, you will have to log in to your AAOM profile and click into each E-list to view new messages.
- You can click on the E-List name to view a summary of all messages that have been sent to the list.