

## Controlling your email from NAMEN and Global MenEngage

### As a NAMEN Member, email can become busy.

NAMEN sends a variety of messages and our parent organization, the MenEngage Alliance, also sends its own messages to our NAMEN members.

NAMEN sends the following regular email messages

- An occasional newsletter
- Event announcements and registration reminders
- Annual Membership renewal reminders
- Member message exchanges

The global organization sends additional messages such as:

- Event announcements
- Organizational updates
- Member message exchanges

### Set Your own Mail Delivery Mode:

A majority of messages are delivered through the Google Groups system, and you can reduce these messages by setting the group delivery mode to DIGEST:

- DIGEST MODE You can arrange to have one message sent per day combining messages.
- EACH EMAIL MODE: You will receive each email as it happens
- NO MAIL - WEB ONLY MODE: You don't get any email, but you can visit the webpage to view

Set your Preferred Delivery MODE:

- You may send us a request and we will change your setting.

Or you can do this yourself in the following way:

- Log into your google account and
- Go to this page: <https://groups.google.com/my-groups>
- You can change your delivery mode for every group you are members of.