

## FOD Email List links to Save

**Register for the Group** 1st and **then create a google account** - verify your address when google sends you an email. THEN signup for our List by putting your email address in the google box.

If you want to change your preferences for receiving List messages etc just do the following:

1. go to <http://groups.google.com/group/FODsupport> (this is the List webpage--for archives etc)
2. click SIGN INTO GOOGLE GROUPS
3. put in your email address and password
4. click MY GROUPS
5. click FOD FAMILY SUPPORT GROUP (or whatever other lists you belong to)
6. click EDIT MY MEMBERSHIP  
this is where you can set how you want to receive messages (read only on web, each email in your inbox, digest form etc) -- and which email address you want to use (if you have verified the address when you signed up with the google account). if you didn't verify your email address when you signed up you may not be able to get onto the List webpage and archived messages. Click SAVE.
7. click GOOGLE ACCOUNT SETTINGS  
to add/change your email address., change password, or change your nickname
8. click SAVE THESE SETTINGS

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If you use outlook one way to control your email is to make a rule and have the FOD emails download to a special folder instead of directly to your "in" box. That way you can keep things separate if you feel overwhelmed at the volume.

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Feel free to post using the List address and be sure to **sign at least your 1st name/disorder/state or country for every posting.**

Main FOD Email List address – send messages to:  
[FODsupport@googlegroups.com](mailto:FODsupport@googlegroups.com)