

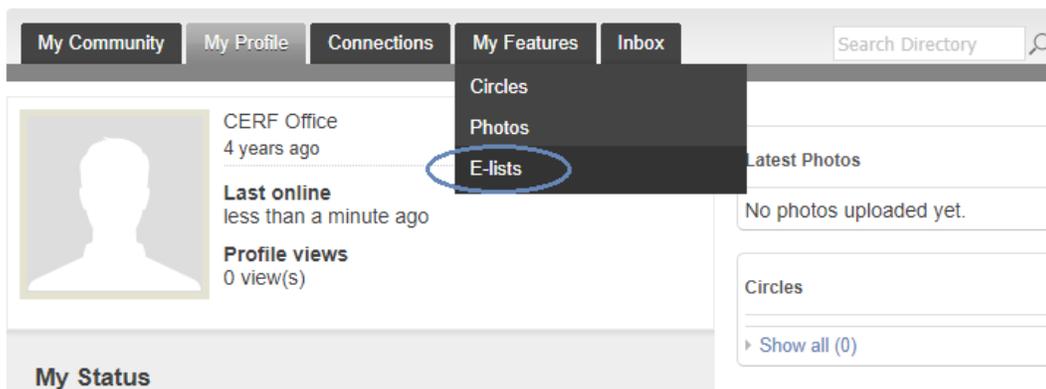
## How to Join a CERF E-list

Follow the steps below to subscribe to a CERF E-List. If you have any issues, please contact the CERF Office at [info@cerf.science](mailto:info@cerf.science) or (206) 209-5262.

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



**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 to 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 login to your CERF profile and click into each e-list to view new messages.
- Click on the E-list Name to view a summary of all messages that have been sent.

