

In order to stop receiving the UH End User Digest do the following:

1. Open the UH End User Digest email.
2. Click Manage My Account.

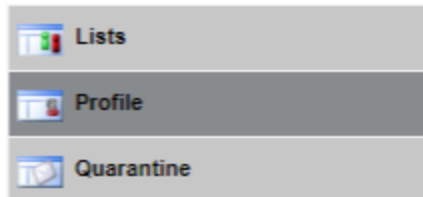
The messages in your personal Digest represent emails that have been filtered and sorted into different categories, giving you an opportunity to take action on them. Click the link in the Subject column to view the message.

[Request New End User Digest](#) [Request Safe/Blocked Senders List](#) [Manage My Account](#)

The emails listed in this section have been placed in your personal Quarantine. Click Release to deliver the email to your inbox. To continue to receive future emails from the sender, click Allow Sender. To report messages that are not spam but are included in the Spam - Quarantined section, click Not Spam.

Spam - Quarantined			
From	Subject	Date	Action
dms@businesswatchnetwork.com	Excel Formulas and Functions: Harnessing the Fundamental Power of Excel	2020-10-05 15:31:37	Release Allow Sender Block Sender Not Spam

3. Click Profile.



4. Uncheck Send digest with new messages in my End User Digest.
5. Click Save.

My Settings

☒ Send digest with new messages in my End User Digest.
☐ Send digest even when I have no messages in my End User Digest.

Preferred Language English (US) ▼

What type of spam detection do you want? Please select a policy from the list below.
☒ Default
☐ Quarantine Low Priority and Spam
☐ Quarantine Spam Only [Same as Default]

Save