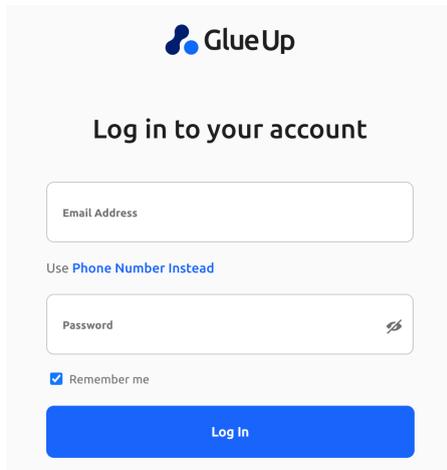


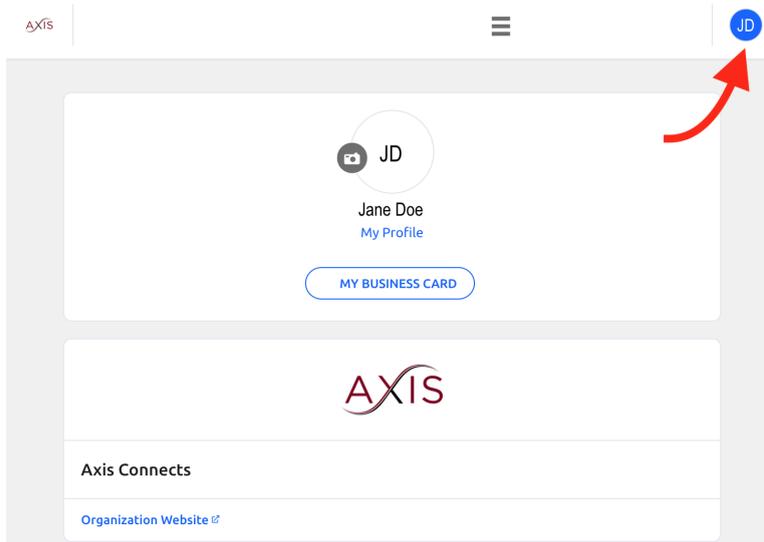
## To update your Glue Up notification settings:

1. Log in to Glue Up

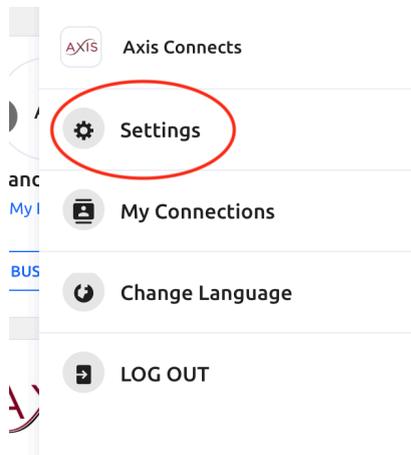


The image shows the GlueUp login page. At the top is the GlueUp logo. Below it is the heading "Log in to your account". There are two input fields: "Email Address" and "Password". Below the password field is a checkbox labeled "Remember me" which is checked. At the bottom is a blue "Log In" button. A link "Use Phone Number Instead" is located between the email and password fields.

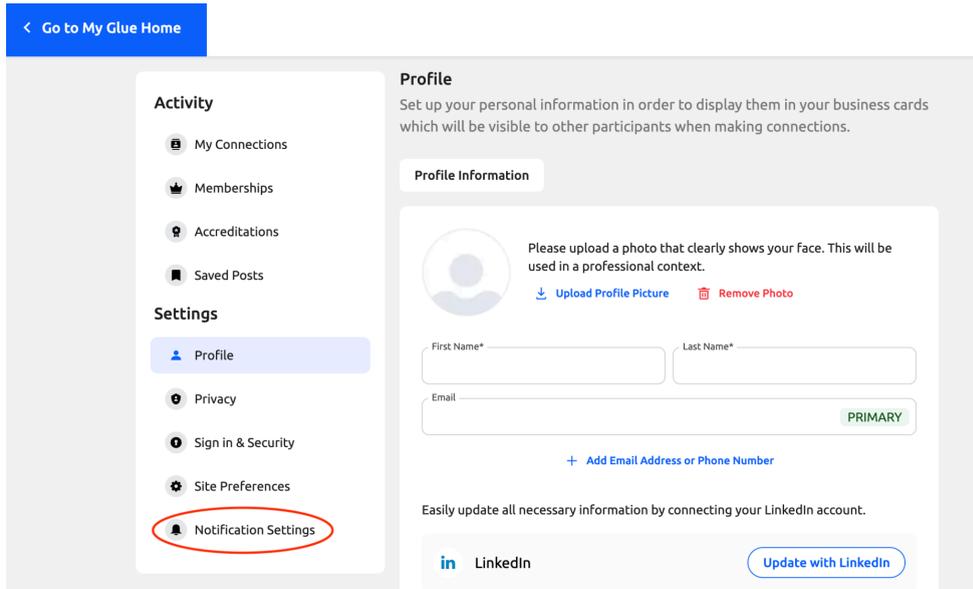
2. Click into your profile in the top right corner



3. Select 'Settings'



#### 4. Select 'Notification Settings'



#### 5. And select your preferences.

NOTE: If you select 'Notification Centre', you will receive push notification in the mobile app.

