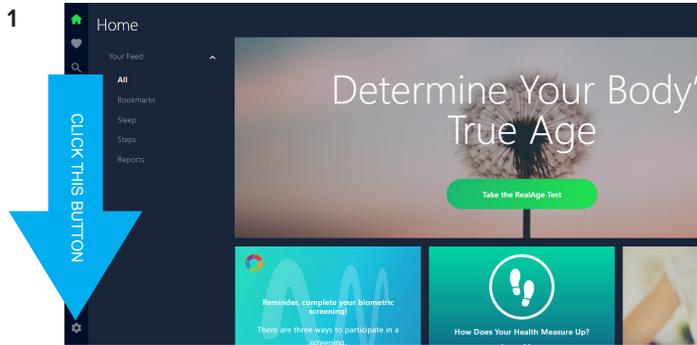
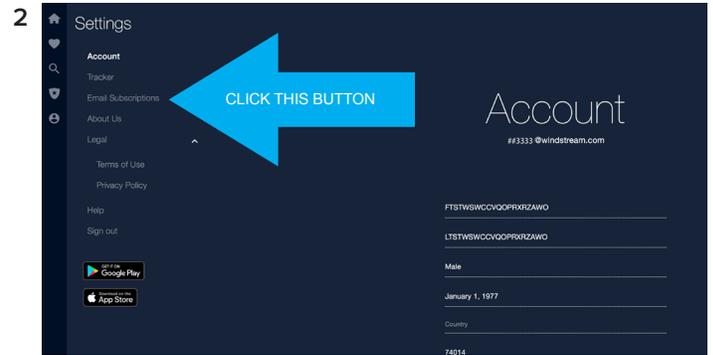


# How To Opt Back Into *Be Balanced* Program Communications

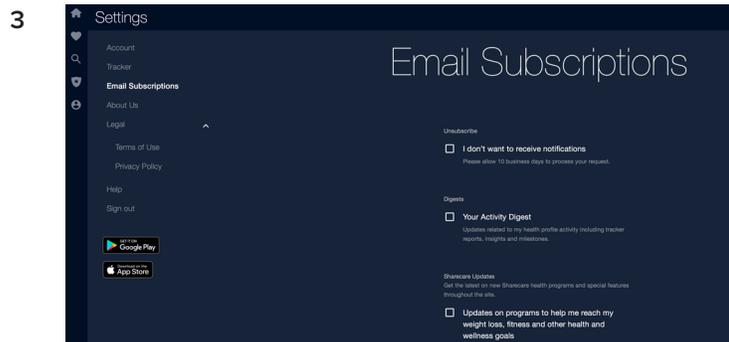
Log into your *Be Balanced* account at [Windstream.Sharecare.com](https://Windstream.Sharecare.com)



From the Home Page, click on the **SETTINGS** icon.



From the settings page, click on **EMAIL SUBSCRIPTIONS**.



On this page, you can identify which communications you want to receive. You have the options to opt-in or opt-out of these specific communications and determine the frequency as well:

- I don't want to receive notifications; Please allow 10 business days to process your request.
- Your Activity Digest; Updates related to my health profile activity including tracker reports, insights and milestones.
- Get the latest on new Sharecare health programs and special features throughout the site.
- Updates on programs to help me reach my weight loss, fitness and other health and wellness goals
- Newsletters; Find weekly news, tips and recipes to help you get fit, lose weight and stay healthy.
- Health Tips; Take your health to the next level with easy, do-today trips from our experts. (Once a week, twice a week).
- Video Tips
- My Conditions (The latest tips from the editors to help you manage your conditions.)
- Personalized Emails (Learn the latest on health topics that interest you the most, based on your answers to the RealAge Test.)
- Notifications: I have new health tracker activity such as reports, insights and status updates and/or, I have messages from my employer or health insurance provider.