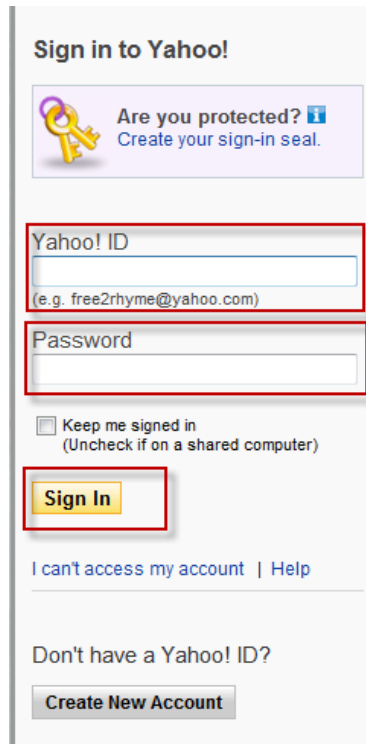


How to Join the Yahoo Group

1. Open your web browser and in the address bar type the web address.
<http://health.groups.yahoo.com/groups/kpsfmwm/join> Or you may be able to click on the hyperlink within this document.
2. Sign in using your Yahoo email address and password.



Sign in to Yahoo!

Are you protected?  Create your sign-in seal.

Yahoo! ID
(e.g. free2rhyme@yahoo.com)

Password

☐ Keep me signed in
(Uncheck if on a shared computer)

Sign In

[I can't access my account](#) | [Help](#)

Don't have a Yahoo! ID?

Create New Account

3. Choose your options. If you gave Yahoo more than one email address make sure to choose the one you want email sent to.
4. In the “Comment to Owner” section enter your name and meeting time.
5. Choose your mail delivery preference.
6. If you mistyped the security letters like I did you will need to reset your mail delivery preference. Yahoo will change it back to the default.
7. Click “Join” and your done.

Local Weight Management

Search for other groups... Search

Follow us on Twitter
Visit the [Groups blog](#) for the latest Yahoo! Groups information.

Join This Group [Join This Group Help](#)

You are three quick steps away from joining **kpsfmwm**.

All membership requests for kpsfmwm need to be approved by the moderator. You will receive a confirmation email when your membership has been approved.

Note: You are currently signed-in as tom.brox. If you are not tom.brox, [Sign-in as a different user](#).

Step 1. Your Contact Information

The profile shown below will be used to identify you when you access photos, messages, and other great features of your Yahoo! Group. The email address will be used for group messages.

Yahoo! Profile

This profile will be used to identify you when you access the group's Web features.

tom.brox ([Add new profile](#))

Email Address

Choose the email address that you would like group messages sent to.

☒ tom.brox@yahoo.com ([Add new email address](#))

Comment to Owner

Please tell the group owner about yourself and why you would like to join the group (200 characters maximum).

Name & meeting time

Step 2. Message Delivery

Yahoo! Groups lets you choose how you stay in touch.

☒ **Individual Email**
The option to choose if you want to get each group message and special notice individually and immediately, as it is posted.

☐ **Daily Digest**
The option to choose if you want to see all messages but limit the amount of email you receive. We'll compile an email of up to 25 messages and send daily (special notices too!).

☐ **Special Notices** - Receive only important email notices from the group moderator.

☐ **Web Only** - Don't get notified of the latest happenings. Read messages only on the web.

Step 3. Message Preference

Select a display format for any email messages you may receive: ([See samples](#))

☒ **Fully Featured** *New & Improved!*

☐ **Traditional**

Type the code below

[Need help?](#)

LJTWGV5

8. All Done. Now wait to be approved.

Membership Pending [Membership Pending Help](#)

Your membership request has been submitted to the group kpsfmwm! You will receive a confirmation email when your membership has been approved. Until then, you can find other groups to join or create your own by visiting the Yahoo! Groups home page.

[Back to Yahoo! Groups Home Page](#)