



Upper Merion Dance & Gymnastics Center, LLC.

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In early 2017, Verizon upgraded their SPAM security settings which do not allow many emails from UMDGC to be received by our customers. This is being deployed on the servers, so emails will not even make it to your Inbox or SPAM folders for your personal settings to filter SPAM.

If you wish to receive any emails on your Verizon.com account from UMDGC, UMAS, or their employees including the owners, team directors, gym supervisors, and key staff, you must complete all of the following steps.

To view your Verizon Online Email Settings (via Message Center):

1. [Login to Verizon Online Email](#) via Message Center with your user name and password. [Forgot your username and password?](#)
2. Select **Settings** from the top navigation and click **Email Settings** from the left navigation.
3. Update and view the following Email Settings.

To use Spam Detector:

1. From the left navigation, select [Spam Detector](#).
2. Select the On radio button to enable Spam Detector.
3. Specify you want to move them to the Spam Detector folder.
4. Click Save to save your changes.
5. Blocking
6. To add addresses to Safe Senders: Click Safe Senders and enter email addresses that you always want to receive email from.
7. SAVE.