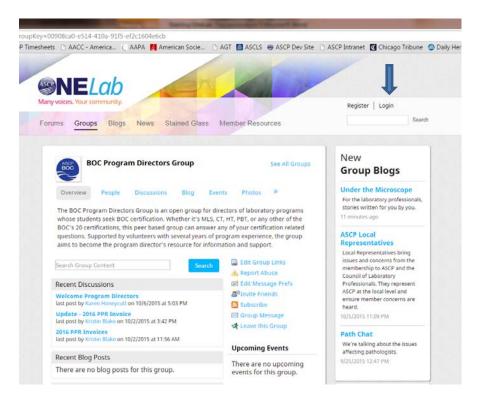
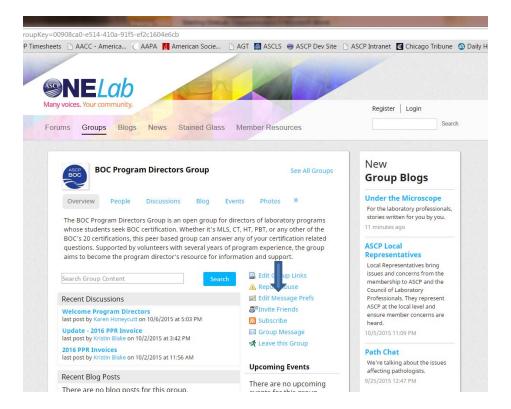
## How to edit your preferences

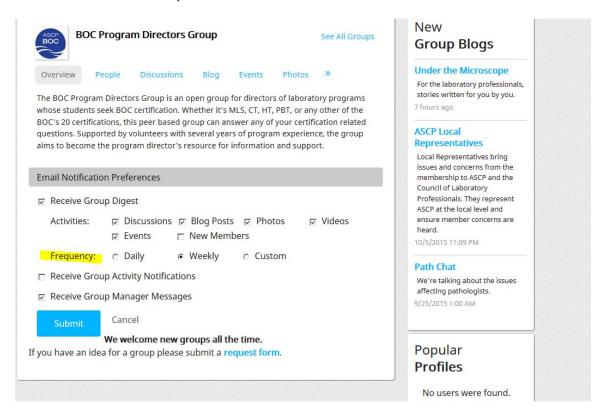
- You must be logged in (using your ASCP customer number and password)



- Choose "Edit Message Prefs" from the right hand column

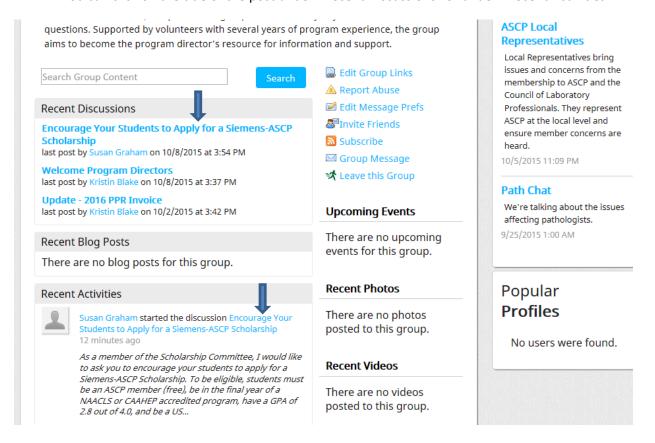


- You can choose how often you wish to receive email notifications about posts and discussions from this group. The default is "Daily."



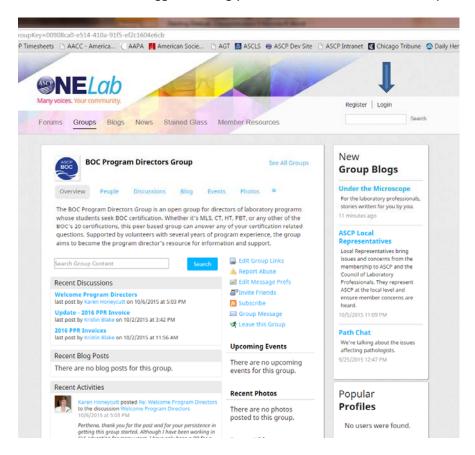
## How to read a complete post (rather than only the blurb on the homepage)

- You can click on the title of the post under "Recent Discussions" or under "Recent Activities."

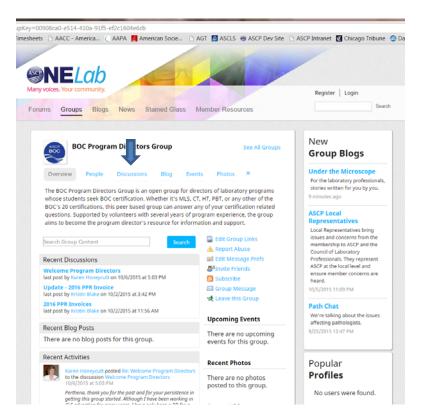


## How to start a discussion on OneLab

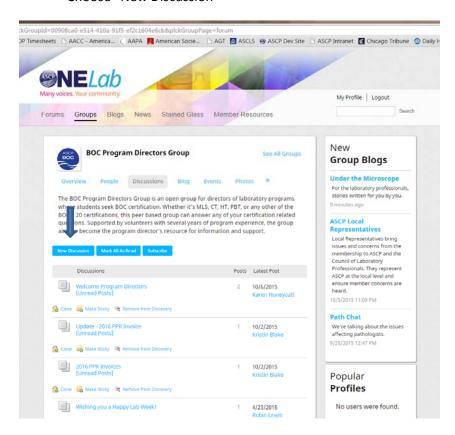
You must be logged in using your ASCP customer number and password



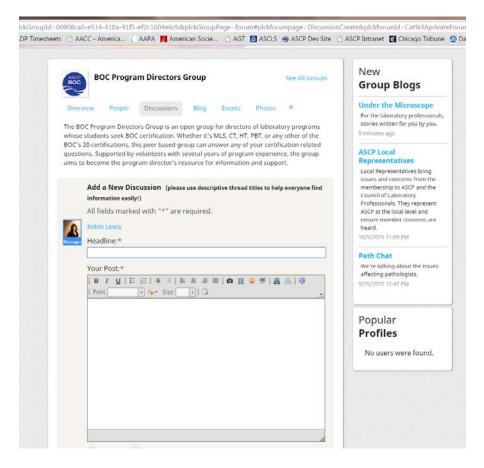
- Click on "Discussions"



Choose "New Discussion"

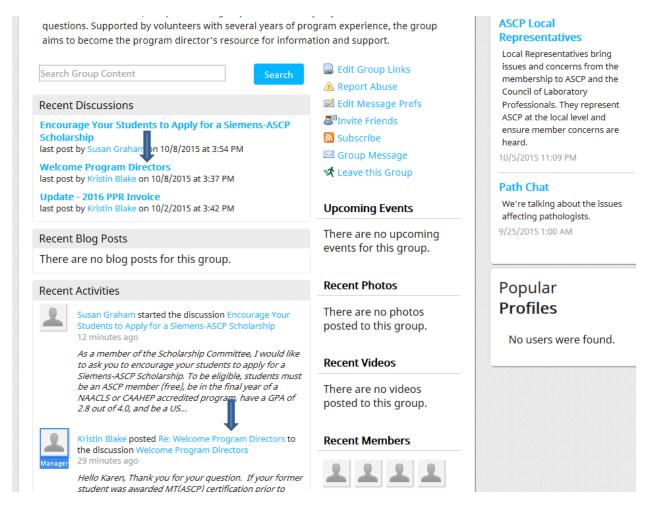


- Write a headline and your post. Click "Submit" when you are finished.



## How to reply to a discussion or post

- You must be logged in (using your ASCP customer number and password)
- Click on the title of the post you wish to read.



 Click on the "Reply" button in the top right hand corner of the original post. (This will copy the original post at the beginning of your post.)



- OR you can fill out the post box that is empty below the last message.

