

How Much Email Will You Blast Me With?

Contributed by GareK

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- We will send you an email when you register, asking you to confirm your intent to be a member. We do this so that nobody can use your email address to register as a QuitKeeper without your knowledge or permission.

- We'll send you a thank you after you confirm your registration. It really does just say thank you.

- If some horrible thing happens and we have to turn the site off, we'll probably email you to let you know as a courtesy.

- We have a monthly newsletter, but you won't be automatically subscribed to it. You'll have to tell us you want to receive any other mail.

- If you click the Newsletter link on the top menu, you can easily manage your subscriptions, which is to say you can either subscribe or unsubscribe quickly with just a few clicks. Alternately, you will always find an "unsubscribe" link at the bottom of any mailing we send to either the Alerts or Newsletter recipients.

That's it. We're not spammers.