

Email Whitelist Instructions

Don't Miss Your Program Emails

To make sure you receive your course access, HTMA updates, and important emails from us, please take a moment to add our email address to your safe sender list.

This helps prevent messages from ending up in your Promotions, Updates, or Spam folders.

Step 1: Check Your Inbox

Look for your welcome email from us. If you don't see it within a few minutes:

- Check your Spam or Junk folder.
- Check your Promotions or Updates tab (Gmail).
- Search your inbox for our email address.

Step 2: Mark Our Emails as Safe

If you find one of our emails in Spam or Junk:

- Open the email.
- Click "**Not Spam**" or "**Not Junk.**"
- Move the email into your main inbox if needed.

Step 3: Add Us to Your Contacts

Adding our email address to your contacts tells your email provider that you want to receive messages from us.

Please add:

support@spiritfirehealth.com

to your contacts or address book.

Gmail Users

- Drag our email from the **Promotions** tab into the **Primary** tab.
- When Gmail asks if you'd like future emails from us to go there, click **Yes**.

Apple Mail Users

Simply add our email address to your Contacts.

Outlook Users

Right-click one of our emails and choose **Never Block Sender** or add us to your Safe Senders list.

Still Can't Find Your Email?

If you haven't received your welcome email after 10–15 minutes, please contact us and we'll be happy to help. support@spiritfirehealth.com

Thank you! We're excited to have you inside the program and look forward to helping you on your journey.