**Instructions on how to “turn on” a LISTSERV® Digest**

Are you one of those folks drowning in daily e-mail without an escape plan? **Try the Section on Young Physicians (SOYP) LISTSERV® digest!!!** To receive a weekly digest of messages posted to the SOYP LISTSERV® instead of receiving list messages as they are posted, simply send an e-mail message to listserv@listserv.aap.org with the following message in the body of the e-mail:

```
SET SOYP DIGEST
```

If the digest comes to you in an unreadable format, try the following command from the Academy’s IT folks:

```
SET SOYP MIME NOHTML
```

***Important! Before sending any messages to listserv@listserv.aap.org please make sure that the subject line is blank and that only one command is noted in the body of the message. See sample message below.***

When you turn on digesting, please note that you will no longer receive list messages as they are sent. And if you were to send a message to the list, you would not receive immediate replies to your message. All replies would be listed in the digest. Digesting is not for everyone, and you should only activate it if you receive too much daily e-mail or, for example, you are going on vacation. If everyone on the list were to enable digesting, there wouldn’t be any list messages to digest!

To turn off digesting capabilities and receive list messages as they are posted, simply send the following command to the listserv@listserv.aap.org in the manner outlined above:

```
SET SOYP NODIGEST
```

And if you have questions, please let Julie Raymond (jraymond@aap.org) know!!