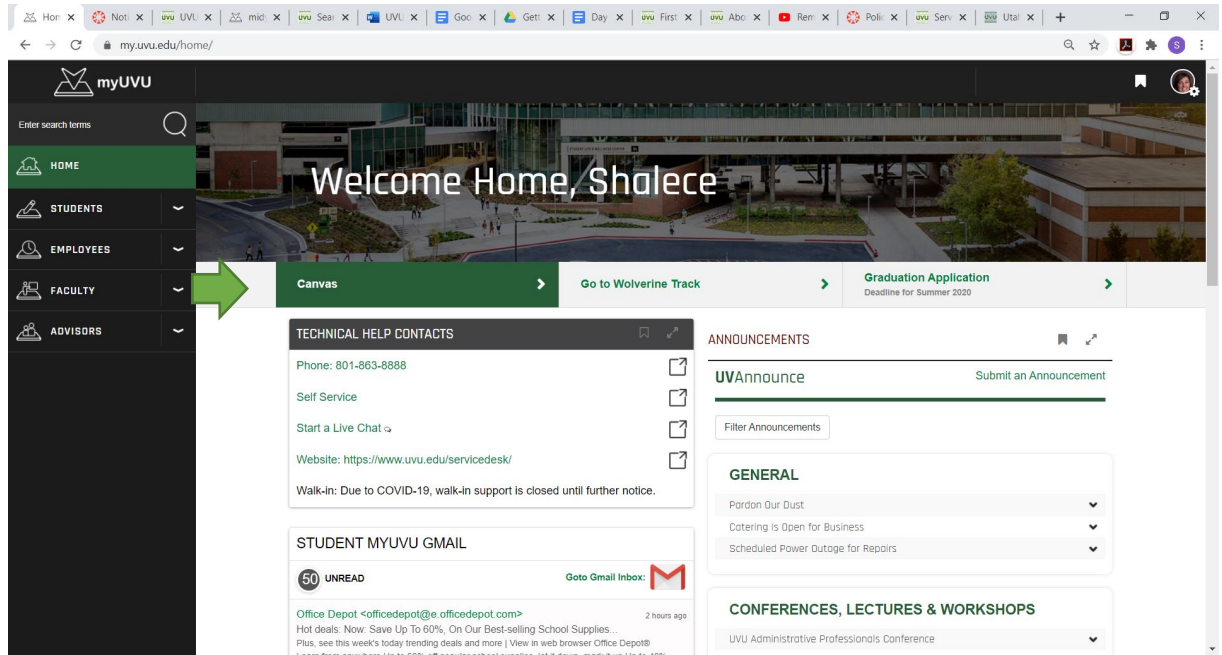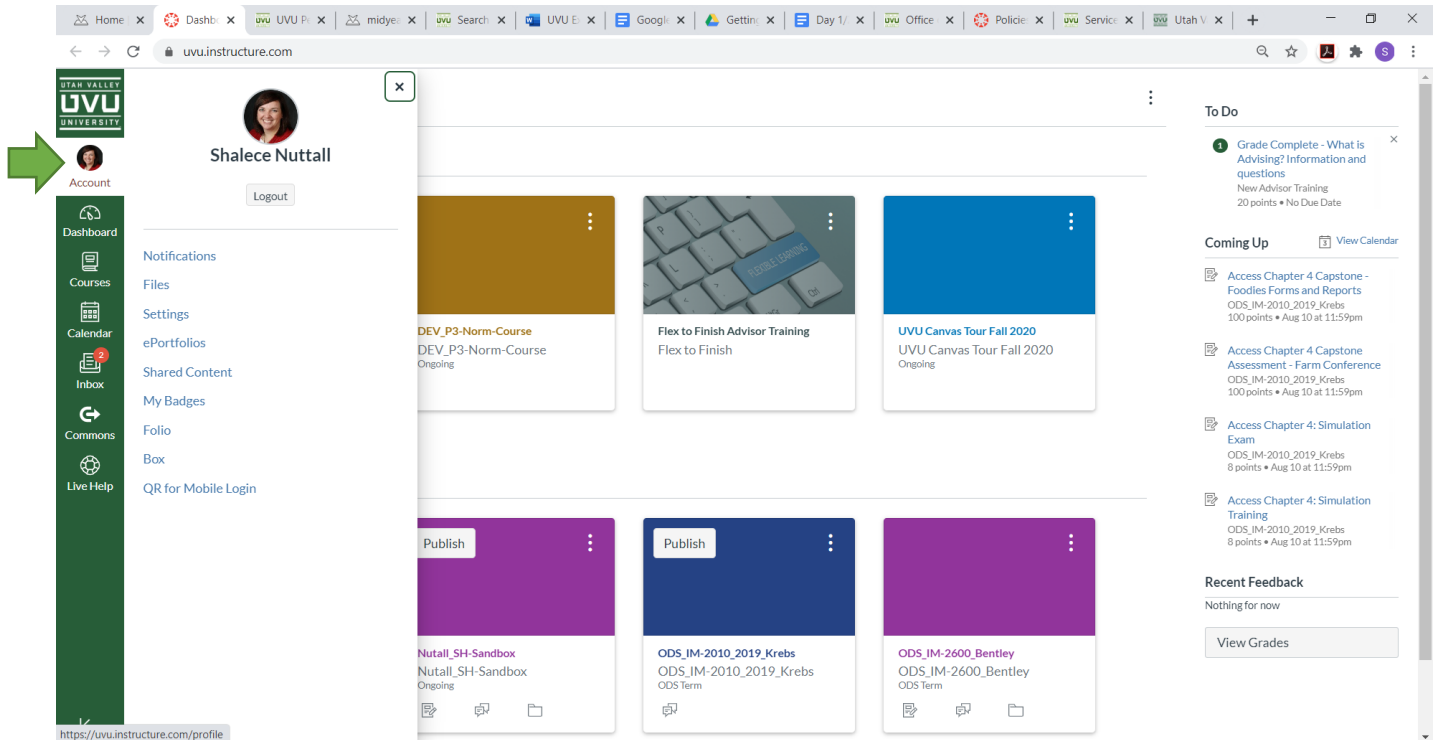# Updating Canvas Notification Settings

1. Login to Canvas through myUVU

2. Click on your "account"

3. Go to settings to change your email
   Select Email Address and enter your UVID@uvu.edu email

4. Go to notifications to set up how often you would like to get notifications about course activities.

5. You can then identify how often you want to receive a notification to your UVU email. This can be immediate, daily, weekly, or none at all.