

My Preferences

In the personal menu of the FrogBar, in the top-right corner, there is an option for **My Preferences**.

This link opens the My Preferences application and allows you to configure how Frog interacts with you.

You can **set a background** here – this background will show up on your personal timeline and any sites with a transparent background theme. It's worth thinking about the sort of image you upload. A large image here can slow down Frog's initial loading.

It's worth taking a look at the **notifications** section. Using this, you can **turn off notification types** you're not interested in. For example, you might not want to be alerted every time someone votes on a poll you set up or when a new quick launch link is added. To begin with, Frog's in-platform notifications are all turned on, but you can change that here.

These notifications aren't the same as the push notifications in the MyFrog app – available to download from Google's Play Store and Apple's App Store. These notifications are for all activity inside Frog, however you can choose to be **emailed notifications** – to save you having to log into Frog at the weekend for example.

Adding in an email address to the Email Addresses section will send you a verification link to your email account. Check your inbox and spam folders for this email. Once verified, you can use the email notifications column to choose what you want to be emailed about.