



VSPA Benefits

Spam Blockers

Check our list below if you do not already know how to remedy the issue with spam, bulk, or junk mail folders.

ISPs

Some email providers filter messages based on content, subject line, or the sender's address and may put your email into the a bulk or junk mail folder. Please make sure @vspa.com is on your "approved sender" list or "whitelist" and/or in your "address book." Occasionally an ISP will institute mail controls that block your email completely without your knowledge. We often do not even receive notice of such a block. The only solution to this problem is for you to be aware what triggers your ISPs blockage and make sure they understand you want to receive our email.

Spam Blockers/Filters and Email Software

If you have recently installed a new email software or a new program to help defeat, make sure you check the settings. The "defaults" are often much more restrictive than you might wish. Please see our very general suggestions to get started.

Checking for Lost Mail

AOL Users:

Please check your "Spam" folder. If you find our email there, select the confirmation message and click "This is Not Spam." This will help future messages to get through. To avoid accidentally filtering our future messages:

1. Click Mail in the toolbar at the top of your AOL window
2. Select Block Unwanted Mail
3. Click Custom Sender List
4. Select Allow only the senders and domains listed below
5. Enter this domain @vspa.com
6. Click Save

Hotmail Users:

Please check your "Junk email" folder. If you find our email there, select the confirmation message and click "Not Junk." This will help future messages to get through. To avoid accidentally filtering our future messages:

1. Click Mail, then Options (next to the Help link)
2. Click Junk email Protection
3. Click Custom Sender List

Troubleshooting Spam.

4. Click Safe List
5. Enter this domain: @vspa.com
6. Click Add

Yahoo Users:

Please check your "Bulk Mail" folder. If you find our email there, select the confirmation message and click "Not Spam." This will help future messages to get through.

Gmail Users:

Please check your "Spam" folder. If you find our email there, select the confirmation message and click "Not Spam." This will help future messages to get through.

Outlook 2003 Users:

1. Select Actions from the top menu bar, then select Junk email followed by Junk email Options.
2. Select Safe Senders, then Add.
3. Type @vspa.com and click OK.
4. Type and click OK.
5. Click OK.

We Take Care of Our Own

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