Want to receive news and notifications from OHR in your inbox?

Follow these easy instructions to get on the list!

1. Navigate to [pi.tt/alerts](http://pi.tt/alerts) in your web browser.

2. Log in with your Pitt username and password, if necessary.

3. Click “Opt-In Lists” at the top of the page.

4. Check the “OHR Updates” box (lists are alphabetical).

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**How to Unsubscribe:**

If you no longer wish to receive updates from OHR, please follow steps 1-3 above, and then **uncheck** the “OHR Updates” box.

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**Technical difficulties or questions?**

If you experience any technical difficulties or have any questions, please email hrcomms@pitt.edu.