

## SUBSCRIBING TO AN RSS FEED

Subscribing to the VML Insurance Program's Wordpress blog via an RSS feed is easy.

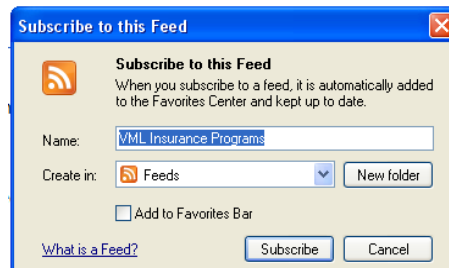
- 1) Head to the blog at: [www.vmlip.wordpress.com](http://www.vmlip.wordpress.com).
- 2) Under the top banner, you should see a link for "Entries RSS."

Select/click on the "Entries RSS" link.



Once you have clicked on/selected the "Entries RSS" link, you will see a page with the option to "Subscribe to this feed" at the top.

- 3) Select "Subscribe to this feed."
- 4) A "Subscribe to this Feed" box will appear. Select the "subscribe" button.



- 5) Next, to view your feeds – on the Internet Explorer File Menu select: View/Explorer Bars/Feeds. To the left you should see a new feeds bar appear.

A list of your favorite newsfeeds will appear in this bar. Those **which are bolded** have recently updated. Select the ones you want to read to be redirected to that news item.

- 6) To refresh/update this list, hover over any of them, right click, and select "Refresh All."

Questions? Contact: [hcammarasana@vmlins.org](mailto:hcammarasana@vmlins.org).