There are several options to stop receiving messages.

- While listening to a message on your phone, press the Star (*) key to remove your phone number from the group’s list. This is an immediate opt-out and, if your phone is a cell phone, you will be opted out of text messages.

- At the bottom of an email message, click the Opt-Out link to remove your email address from the group’s list. This is an immediate opt-out.

- You can contact the group leader or organization to have your contact information removed.

- If your group is set up with Self-Update Portal, you can easily maintain your contact information using this feature. Proceed to Self-Update Portal Opt-Out Procedures below.

You can also visit the One Call Now home page (www.onecallnow.com).

Scroll to the bottom of the page. Click the Opt-Out link and complete the form, then click Submit.

Another option is to call 877-698-3262, option 2. You will be prompted to enter the phone number or email address that you want to opt-out.

To opt-out from receiving text messages, on your cell phone:

Open a blank text message. In the recipient field, type 22300. In the message field, type Stop and then, click Send.

Note: Regardless of how the opt-out is initiated, Group Leaders are sent a nightly email that lists everyone who opted out from their group throughout the day.

Self-Update Portal Opt-Out Procedures


2. In the Username textbox, type the email address associated with the group.

3. In the Password textbox, type your password.

4. Press ENTER. Your contact information displays.
5. In the **Update your contact information for** textbox, click the drop-down arrow and select the group from which you want to opt-out.

6. Next to the phone number or email address, click the **Edit** icon. The **Edit** dialog box displays.

7. Do one or all of the following for each phone and/or email address to be opted out:

   - On the **Phone Status** line, click to select **Stop receiving phone messages (Request number removal)**.

     **Note**: For cell phones, this will opt-out both calls and text messages.

   - On the **Email Status** line, click to select **Stop receiving email messages (Request number removal)**.

8. Click **Save**. Your phone and/or email addresses will be opted-out from receiving voice, text, and email messages.