



Joining Inspire

Go to <http://nafc.inspire.com> to go directly to the NAFC group. Join the group by clicking, "Join Today" and filling in all the fields:

- Choose a screen name that is not your real name or your email address if you wish to remain anonymous.
- Your password must contain at least 6 characters, one of which must be a number.
- Passwords are case-sensitive so make sure your caps lock key is not down.
- Enter your email address and then confirm in the following field.
- Enter your zip code and select your country.
- Select your birth day from the drop down menus.
- Select your gender or click "prefer not to say."
- Click the box to agree to the privacy policy and terms and conditions, if you wish to read them first, click the links. Once you are comfortable with them, click the box and then click "Join."

If there are any fields that need to be corrected an error will appear in red text near the box with an issue.

Once you have completed the form, you will need to activate your account. You will receive an email from team@inspire.com that contains an activation link. Click that link to activate your account. Once you have done so you can log in and participate. Log in with your email address and password; do not use your username or the activation code.

You may want to print out a copy of the Quick Start Guide (<http://www.inspire.com/static/inspire/help/inspire-guide.pdf>) to help you in the beginning.

There are also frequently asked questions available here:
<http://www.inspire.com/about/faq/>

Please review the Community Guidelines:
<http://www.inspire.com/about/guidelines/>

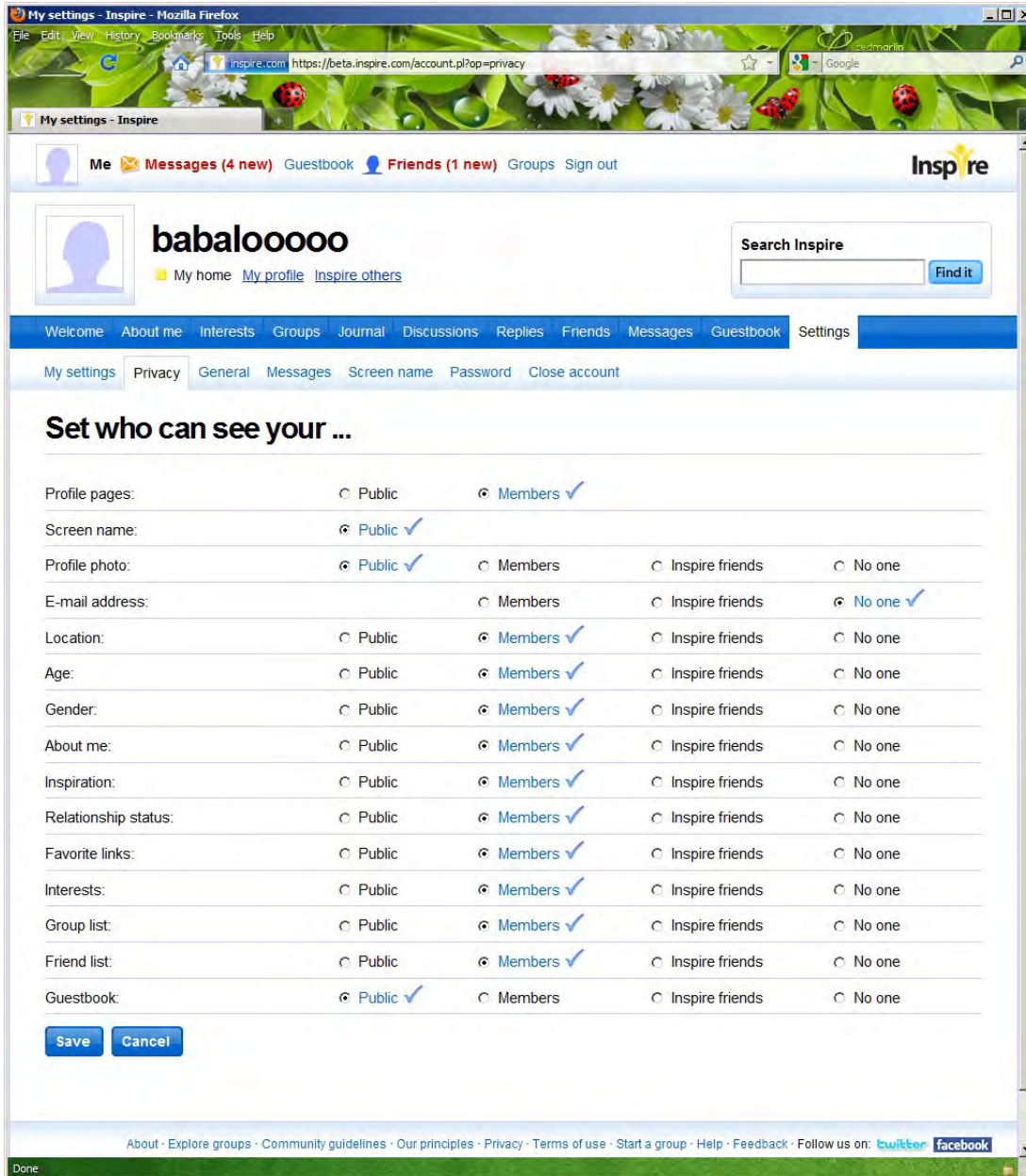
You can contact TeamInspire for help at any time here:
<http://www.inspire.com/help/>



Updating your Profile Privacy Settings:

When you first log in you will have a message in your online inbox from TeamInspire. Click “Messages” at the top of the page to find it. There is a link in that message to review the privacy settings for your profile (<https://www.inspire.com/member/settings/privacy/>). Click on it and to see your default privacy settings. The current setting will be blue text and have a check mark next to it. The screen will look like

this:



The screenshot shows a web browser window titled "My settings - Inspire - Mozilla Firefox". The address bar shows the URL "https://beta.inspire.com/account.pl?op=privacy". The page header includes navigation links: "Me", "Messages (4 new)", "Guestbook", "Friends (1 new)", "Groups", and "Sign out". The user's name "babalooooo" is displayed, along with a search bar and a "Find it" button.

The main navigation menu includes: "Welcome", "About me", "Interests", "Groups", "Journal", "Discussions", "Replies", "Friends", "Messages", "Guestbook", and "Settings". The "Settings" menu is expanded to show: "My settings", "Privacy", "General", "Messages", "Screen name", "Password", and "Close account".

The "Set who can see your ..." section contains the following settings:

Setting	Public	Members	Inspire friends	No one
Profile pages:	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Screen name:	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Profile photo:	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
E-mail address:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Location:	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Age:	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Gender:	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
About me:	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Inspiration:	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Relationship status:	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Favorite links:	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Interests:	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Group list:	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Friend list:	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Guestbook:	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

At the bottom of the settings section are "Save" and "Cancel" buttons. The footer contains links for "About", "Explore groups", "Community guidelines", "Our principles", "Privacy", "Terms of use", "Start a group", "Help", "Feedback", and social media links for "twitter" and "facebook".



As you can see, most settings are just for members of Inspire. You can adjust them to whatever you makes you the most comfortable and then click "Save."

Please Note: *When you are logged in to Inspire you will be able to see ALL of your information on your profile because the computer knows it is you. To see what the public sees, you must "Sign out" and go to your profile. If you ever have concerns about what is viewable on your profile, please contact TeamInspire.*

Adding Interests to your profile

You will have added some interests during the registration process; however, you can fill out more information in your profile if you wish. To add more to your profile, click "Me" and then "My Profile" under your username. Each element will have an "Edit" or "Manage" link for easy access.

Reading and replying to Discussions and Journal entries

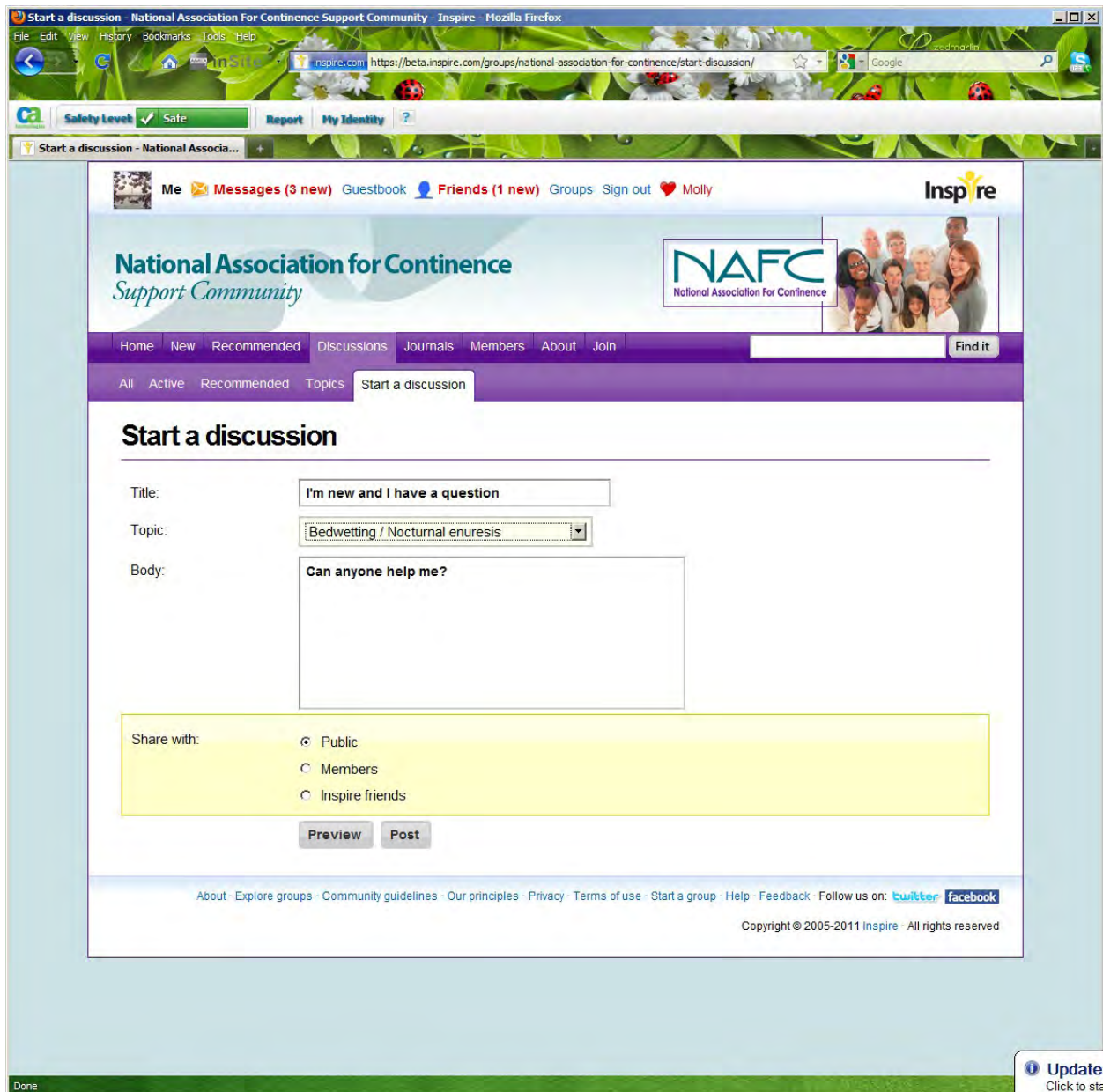
To return to the group and read the posts there, click "Groups" at the top of the page. Then click the link for the NAFC group. This will take you to the group home page. The group homepage contains all of new activity in the group. It will be a chronological list of the most recent discussions, journals or discussions and journals with recent replies so you may see a discussion that you've seen before pop back up. That means it has a new reply. Click the headline to read the discussion or journal entry. You can also browse just one particular topic by clicking on it in the right hand sidebar.

To start a discussion, click "Start Discussion" in the right hand sidebar. This will give you a form where you can choose a title and write your discussion. You will also choose under which topic your discussion should be filed.

To write a Journal entry, click "Start a Journal Entry" in the right hand sidebar. This will give you a form where you can choose a title and write your Journal entry. You will also choose the group in which you'd like your Journal posted. Journal entries can be cross-posted to more than one group if you desire.



When you create a discussion or journal entry you will pick who the audience is. There will be a yellow "Share with:" section before you post. It looks like this:



Each discussion and journal entry that you post on the site has a privacy (aka sharing) setting. Privacy settings that you'll see include:



Public means that anyone on the Internet - including search engines - can see the information.

Members means that one must have an account on this site and be signed in to see the information.

Inspire Friends means that only those members who you have explicitly added as friends on this site can see the information.

Because the author of the discussion or journal chooses the audience when they post, be sure to check the header of a post before you reply so you know who the audience is. The header of the post indicates the audience:

I'm new and I have a question - Discussion - National Association For Continence Support Community - Inspire - Mozilla Firefox

File Edit View History Bookmarks Tools Help

inspire.com https://beta.inspire.com/groups/national-association-for-continence/discussion/i-m-new-and-h

Google

Safety Level Safe Report My Identity ?

I'm new and I have a question - Disc...

Me Messages (3 new) Guestbook Friends (1 new) Groups Sign out Molly

Inspire

National Association for Continence Support Community

NAFC National Association For Continence

Home New Recommended Discussions Journals Members About Join Find it

All Active Recommended Topics Start a discussion

I'm new and I have a question

Your discussion has been updated.

By Beth
Today at 2:42 pm · 0 replies
In [Bedwetting / Nocturnal enuresis](#) | [Change](#)
Shared with members
[Close discussion](#)
[Edit](#) · [Delete](#)

Can anyone help me?

Reply

0 Recommendations

[Recommend](#)
[Print](#)
[Report post](#)

Your reply

Will be shared with members

By Beth

Done

Update Click to sta



In the screen above, you see the “lock” icon and “Shared with members,” this indicates that the discussion as well as all the replies thereto will be shared with members as defined above.

As a general rule, we recommend you do not put your personal information (email address, phone number, real name, employer, etc.) into the discussions or replies themselves. To make direct contact with another member of the group, send them an invitation to become a "friend". Once you have done this, and the other person has become your "friend," you can send direct messages to one another within the system, without knowing each other's e-mail addresses.

About Inspire

Inspire was created in 2005 by a group of friends. We were each dealing with important medical issues in our families, and we found that while the Internet was a useful source for authoritative medical information, it was not a safe, welcoming place for us to find support.

We created Inspire to change all that. We envisioned a place where we as patients, caregivers, family and friends could support one another, and where we could do so in a safe, secure, privacy-protected environment.

We are dedicated to building the best online health communities possible. Like our community members, all of us have faced health challenges of our own - and we know from personal experience how valuable the support and encouragement of others can be. Our tagline, 'Together We're Better', is at the heart of what we do.