



Hello,

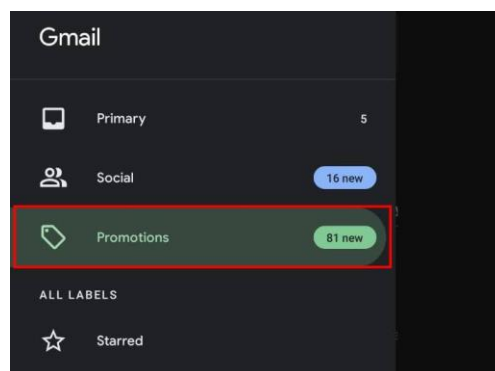
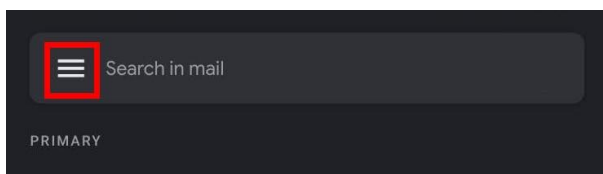
For the newsletters of Body & Data, we are using our own server and platforms. We are using an open-source software called "MailTrain". Because the big tech companies like google (which are your primary email service provider) automatically filters out content, the newsletter from Body & Data can reside on your "Promotions" tab or "Spam" tab. This is happening because we are using less known/less popular provider for the newsletter. However, we want to assure you that the newsletters from us are completely safe and we care about your safety and privacy. To read more about the data policy of Body & Data, [click here](#).

Because Body & Data's newsletter can get stuck on your "Promotions" Tab, you have to tell google "Hey, I know these people. They are safe and you can send their emails and newsletters on my main inbox. I trust them". For this, you have to follow the following simple steps:

***These steps could be required for couple of first few newsletters from Body & Data***

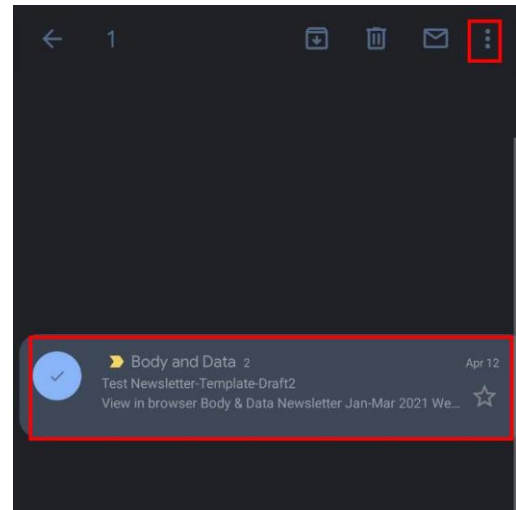
### **If you are using phone:**

1. On your main page of Gmail, you can tap on the three-horizontal line on the top left corner and then tap on "Promotions"

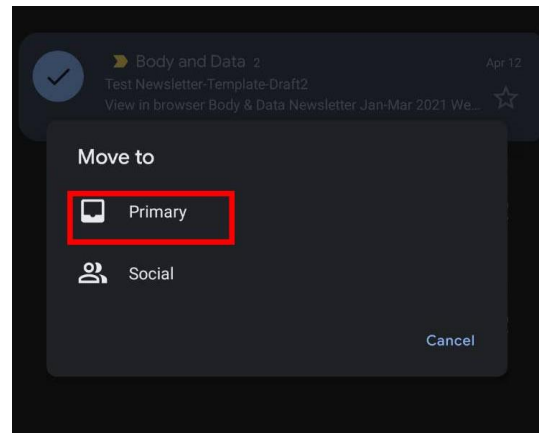
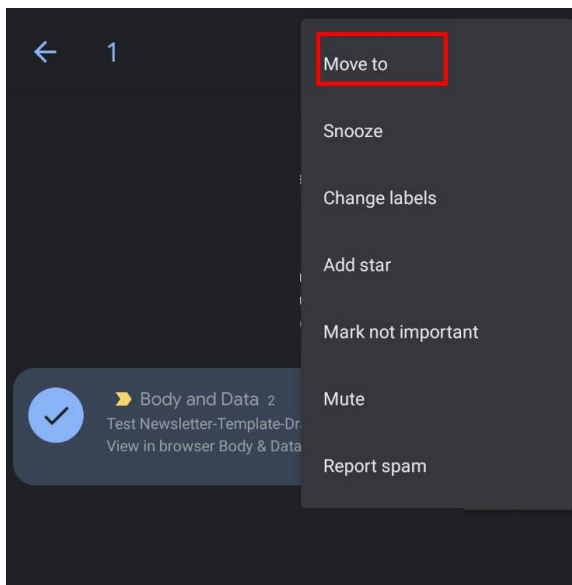




2. Find Body & Data's Newsletter Email and **tap and hold**. After it has been selected, tap on the three dots on the top right corner



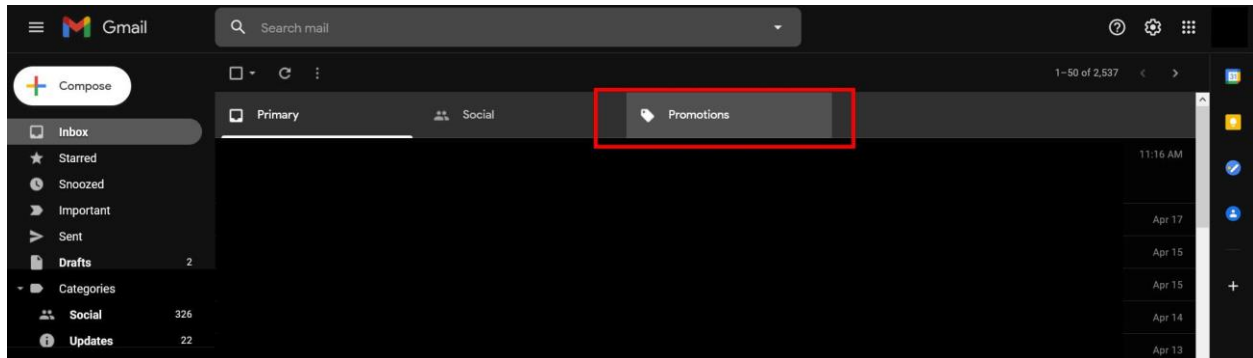
3. Tap on "Move to" and then tap on "Primary"



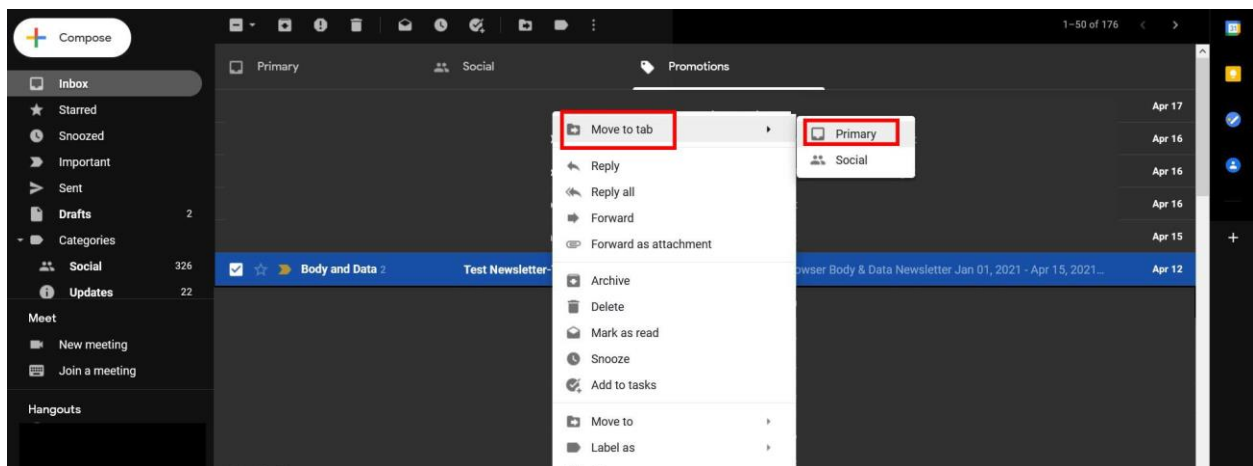
And you're done!

## If you are using laptop:

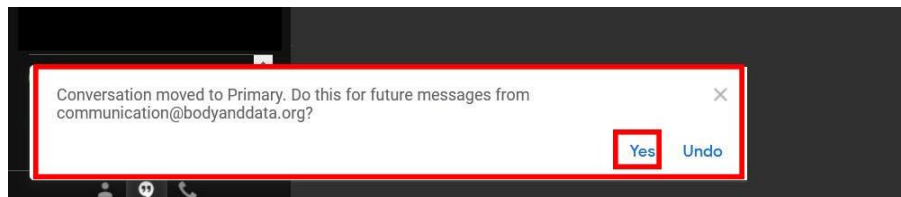
1. Click on the "Promotion" tab



2. Find Body & Data's Newsletter and **right click** on it.
3. Click on "Move to" and click on "Primary"



4. Click "Yes" on the pop-up message at the bottom left of the screen



And you're done!