



Proofpoint Digest Basics

Click the **Manage My Account** link in your digest to create a list of “Safe Senders” or “Blocked Senders” or to change your language preference. *A web browser opens, allowing you to add or edit your lists. When you add a domain name (e.g., yahoo.com) to the “Safe Senders” list, all email addresses from that domain will be considered “safe.” You should restrict the safe list to specific senders by entering their full email addresses (for example, john.doe@yahoo.com).*

proofpoint End User Digest: 10 Total Messages
For (support@proofpoint.com)

The messages in your personal Digest represent emails that have been filtered and sorted into different categories, giving you an opportunity to take action on individual messages. Click the subject column to view the message.

[Request New End User Digest](#) [Request Safe/Blocked Senders List](#) [Manage My Account](#)

The emails listed below represent newsletters, invitations, and announcements placed in your personal quarantine. If you want to receive email from the sender, click Allow Sender - future emails from this sender will be delivered to your inbox. Otherwise, click Block Sender to stop receiving email from the sender.

Low Priority Mail - Delivered				
Score	From	Subject	Date	Action
54	support@proofpoint.com	Prometheus 5	2015-09-09 12:09:17	Release Allow Sender Block Sender
72	support@proofpoint.com	Callisto 2	2015-09-09 12:09:17	Release Allow Sender Block Sender
96	support@proofpoint.com	Sycorax 4	2015-09-09 12:09:17	Release Allow Sender Block Sender
3	support@proofpoint.com	Miranda 1	2015-09-09 12:09:17	Release Allow Sender Block Sender
83	support@proofpoint.com	Thebe 3	2015-09-09 12:09:17	Release Allow Sender Block Sender

The emails listed below have been placed in your personal Quarantine. Click Release to deliver the email to your inbox. To report messages that are not spam but are included in the Spam - Quarantined section, click Not Spam.

Spam - Quarantined				
Score	From	Subject	Date	Action
95	support@proofpoint.com	Sinope 1	2015-09-09 12:08:25	Release Allow Sender Not Spam
92	support@proofpoint.com	Triton 3		Release Allow Sender Not Spam
96	support@proofpoint.com	Callisto 3		Release Allow Sender Not Spam
91	support@proofpoint.com	Pan 2		Release Allow Sender Not Spam
90	support@proofpoint.com	Mars 4		Release Allow Sender Not Spam

For more information contact your System Administrator.

- **Not Spam** - A *false-positive* is a message that was scored as spam, but really is not spam. Future messages with these characteristics will not be scored as spam.
- **Request New End User Digest** – sends you the latest digest, which may or may not include new messages in the Quarantine.
- Each time you select **Allow Sender**, the address from that sender is added to your personal “Safe Senders” list.
- Each time you select **Block Sender**, the address from that sender is added to your personal “Blocked Senders” list.
- To manage your personal Safe/Blocked Senders list, click the **Request Safe/Blocked Senders List** link.
- To manage your preferences from the Web Application, click the **Manage My Account** link.