



## Your Subscription

We're so glad you've made this commitment to greater health and energy! We want you to love Nosha as much as we do, so let us know if there is anything we can do to improve your experience.

Below are instructions to help you manage your subscription through your online account. If you'd prefer for us to make a change for you, just send us an email.

### Log In

Visit [nosha.com](https://nosha.com) and click the ACCOUNT link at the top of the page. Enter your email and password. Once in your account, your account menu on the left side of the page has links that allow you to manage your account.

### Manage Your Subscription

Once logged into your account, click SUBSCRIPTIONS in the menu. You can now see your subscription(s). Click the VIEW button. You are now on the subscription detail page where you can modify your subscription in various ways.

### Change Frequency

On your subscription detail page, scroll down to the "Subscription Totals" section. Click the CHANGE YOUR FREQUENCY button. You now see the subscription box menu. Use the dropdown to select your new frequency. Then click BUY.

You are now on a checkout page where all your stored shipping and billing information is already filled in. Scroll down to the bottom of the page and click SIGN UP NOW.

### Move Up a Delivery

If you are running low on Nosha and want to receive your next box sooner than your scheduled delivery date, send us an email and let us know when you want your next box. We will take care of it for you.

### Suspend

If you are traveling or need to take a break for another reason, you can suspend your subscription. On your subscription detail page, click SUSPEND. When you wish to receive your next box, click REACTIVATE on that same page.