Hello Cary Naranon family group,

Last week Mike talked about Anonymity. NarAnon is an anonymous program.
I notice a lot of email addresses and now our Zoom labels contain our last name instead of initials. Just something to think about.

YOU can protect your identity! I send out emails and use BCC: (blind carbon copy).
I found this [article](#) helpful and I personally created a free ProtonMail email app that is secure.

How to use ProtonMail

- Log on to ProtonMail
- Choose the account type you want. While ProtonMail is free, they also have priced options.
- Create your account
- Complete your account setup
- Upgrade your account, if you want.
- Enjoy the great features.

OR
YOU can also just create an obsocfacted/backup gmail account with the least amount of identifying information. (Don't use your last name)