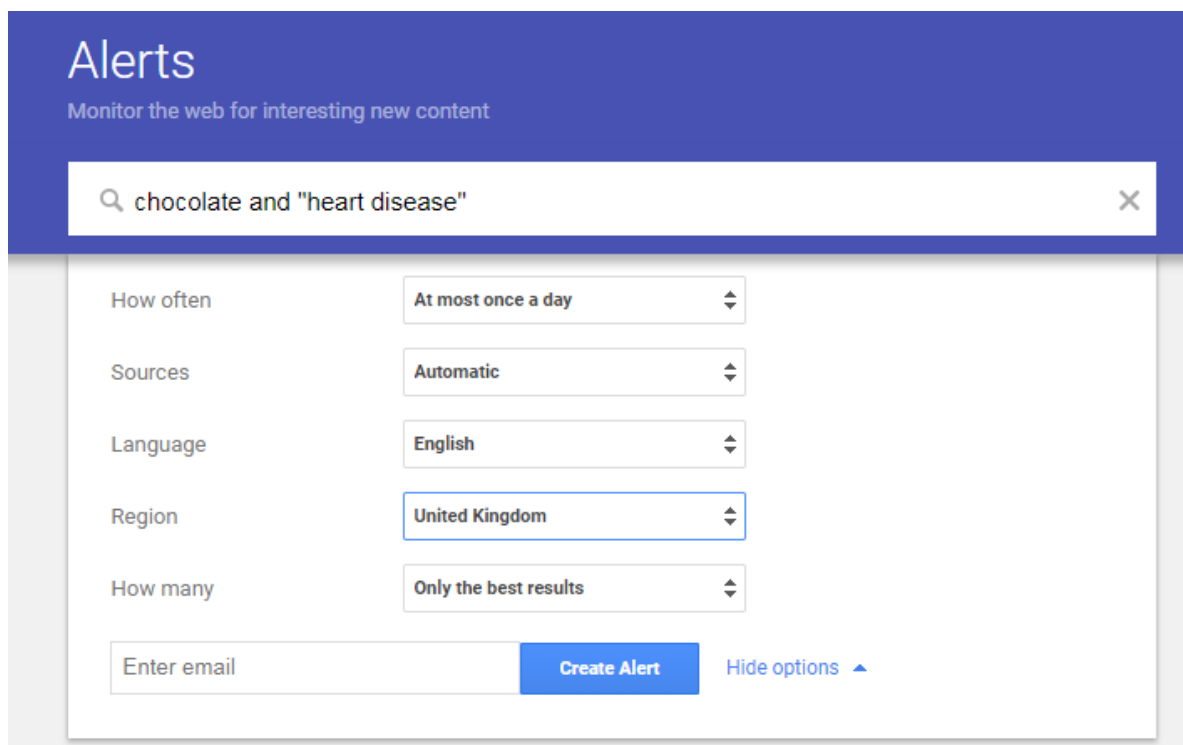


## Keeping Up to Date: Google Alerts

As well as keeping up to date with journal literature on your area of interest, having a regular search of the web can be very useful. Google Alerts can help.

### How?

- Go to <https://www.google.co.uk/alerts>
- Type your search words in, and choose the options that suit you best – it's that easy



The screenshot shows the Google Alerts interface. At the top, the word "Alerts" is displayed in a large font, with the subtitle "Monitor the web for interesting new content" below it. A search bar contains the text "chocolate and 'heart disease'" with a magnifying glass icon on the left and a close button (X) on the right. Below the search bar, there are five rows of settings, each with a label on the left and a dropdown menu on the right:

How often	At most once a day
Sources	Automatic
Language	English
Region	United Kingdom
How many	Only the best results

At the bottom of the form, there is an input field labeled "Enter email", a blue button labeled "Create Alert", and a link labeled "Hide options" with a small upward-pointing triangle.

- You'll receive an email from Google to verify that you wish to set the alert up.
- To manage your alerts – delete or modify – you must login with the Google account that matches the email address that you've used to set up your alerts.