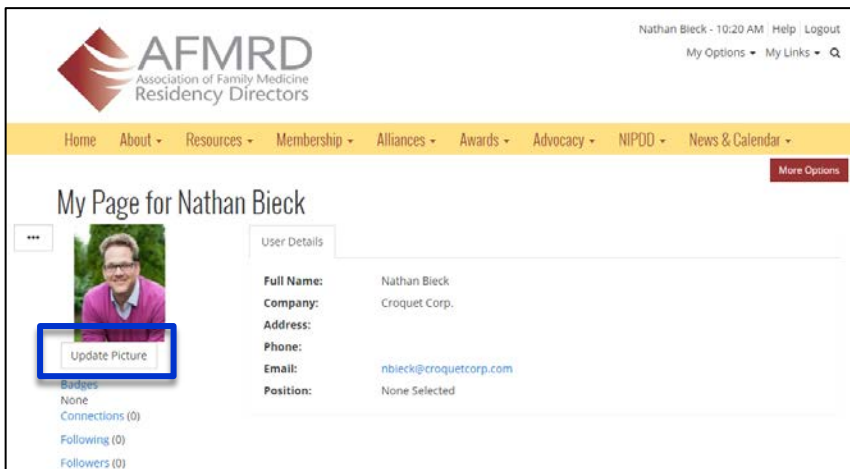


# Updating Your Profile Picture

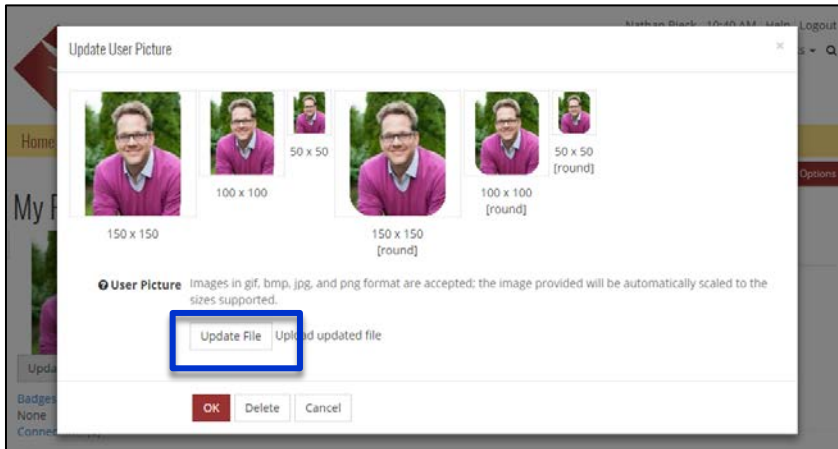
Uploading a photo to your personal profile is easy. Note: These instructions presume you're logged into the AFMRD website.



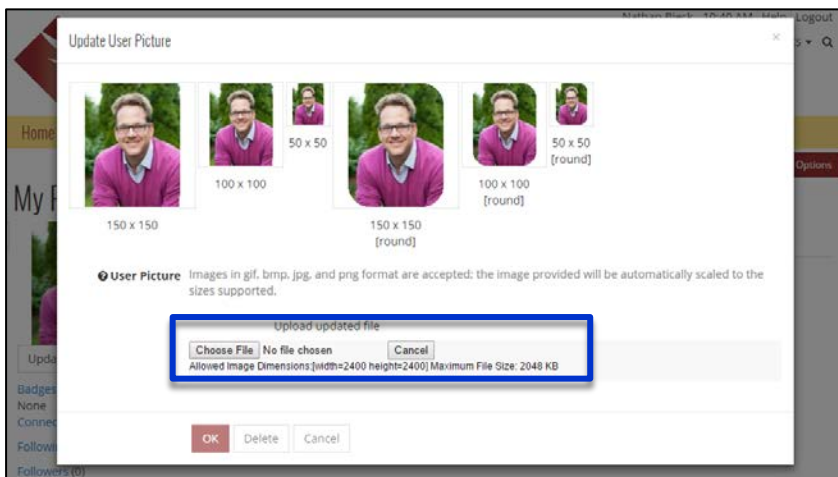
On the homepage, locate the user bar up top right. Roll your mouse over My Options in the user bar and from the drop-down menu, click on My Page to access your Photo Profile Page.



On your photo page, click Update Picture.

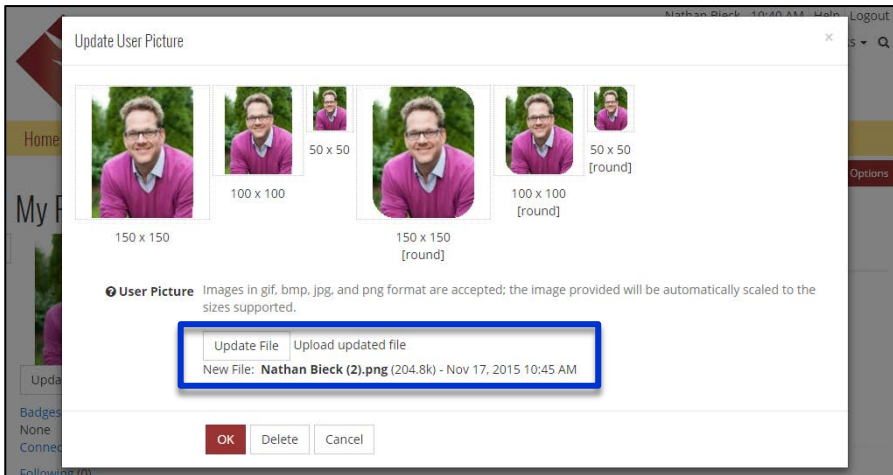


Click Update File to update your profile photo.

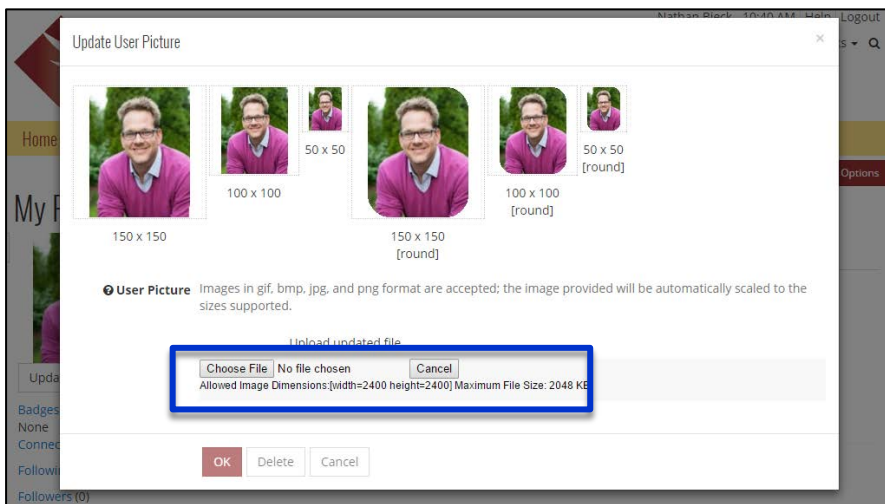


Click Choose File.

Browse your computer and once found, double click on the image file to update the file.



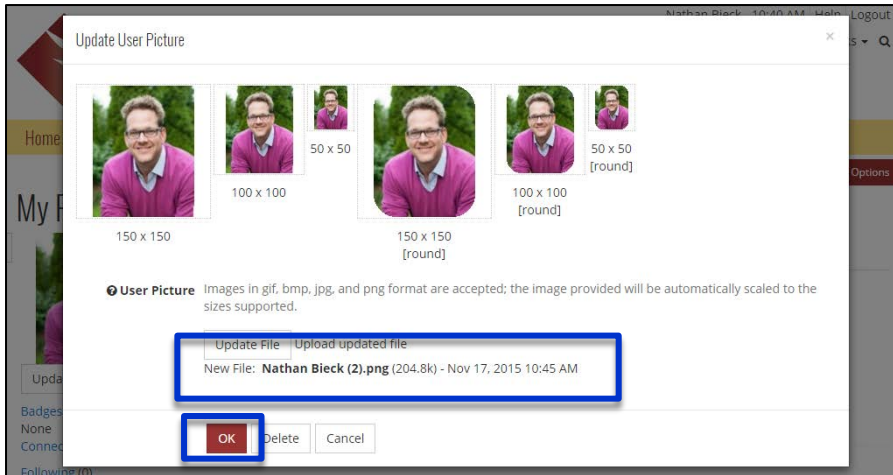
Click Update File to update your profile photo.



Click Choose File.

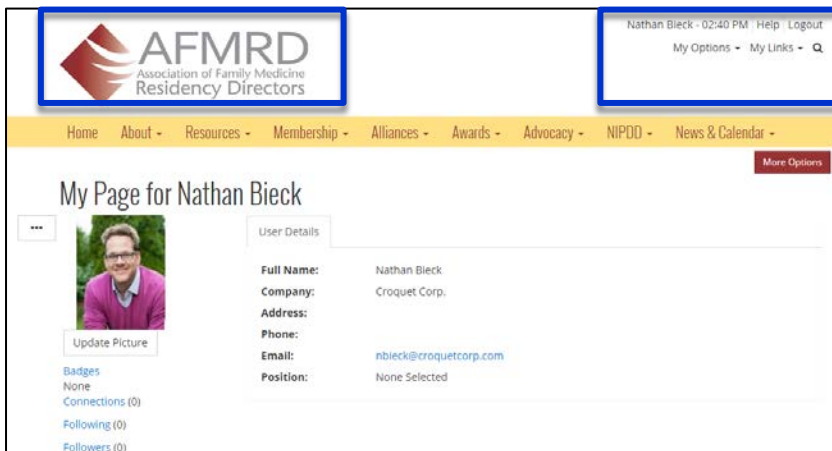
Browse your computer and once found, double click on the image file to update the file.

## Updating Picture - Continued



A confirmation message will appear when the file has been uploaded correctly.

Click OK to confirm update and to return to your personal photo page.



Click on the AFMRD logo up top left to return to the member homepage.

You can also click on My Options in the User Bar up top right and click on My Profile to return to your Personal Profile Page.