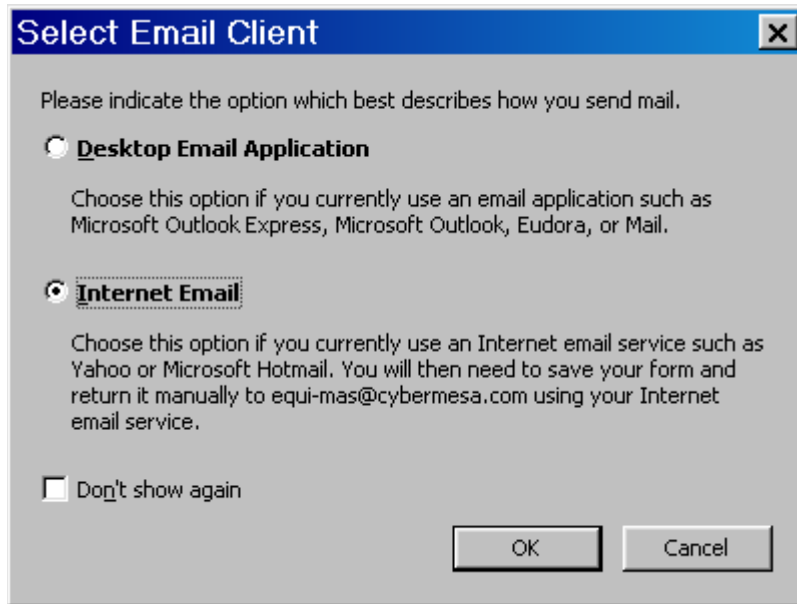


How to submit NMQHA eForms

1. Complete the form and click the "Submit to" button
2. You will be prompted to choose an email client. Choose Desktop Email Application if you use Outlook, or Outlook express. Choose Internet Email if you use an email service like Yahoo or Hotmail. If you use an *email client* like Outlook the form will be automatically attached to an outgoing message (see example). If you use an *Internet service* you have to **SAVE** the form to your desktop then email the form as an attachment to equi-mas@cybermesa.com manually.



Outlook Example:

