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Clear Frequently Contacted with Old Name/Email Address Stephen Lanning - 2025-04-23 - Comments (0) - Google Apps

In order to remove your old name/email address from Google after a name change, you may need to remove your old email from the '**Frequent**' or the '**Frequently Contacted**' list in your **Contacts**, as well as the lists of others who may have contacted you prior to the name change.

## How to Open and Access Gmail Contacts

- Open Gmail.
- Select the **Apps icon** in the upper right. (The nine dots in a square or the **waffle menu icon**)

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	Account	Gmail	Drive
	Docs	Sheets	Slides
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	Calendar	Chat	Meet
	G+		8
	Google+	Sites	Contacts
		More	

- Select **Contacts**, which will open a new window with all your email addresses in it.
- Select "Frequent" or "Frequently contacted" and then search [previous name and/or email address].

≡	Contacts	
+	Create contact	
Do	Contacts	
Ð	Frequently contacted	
	Directory	
	Duplicates	

• Click the three vertical dots and click 'Delete'.



Note

You may elect to send an email to your frequent contacts to let them know to do the same.