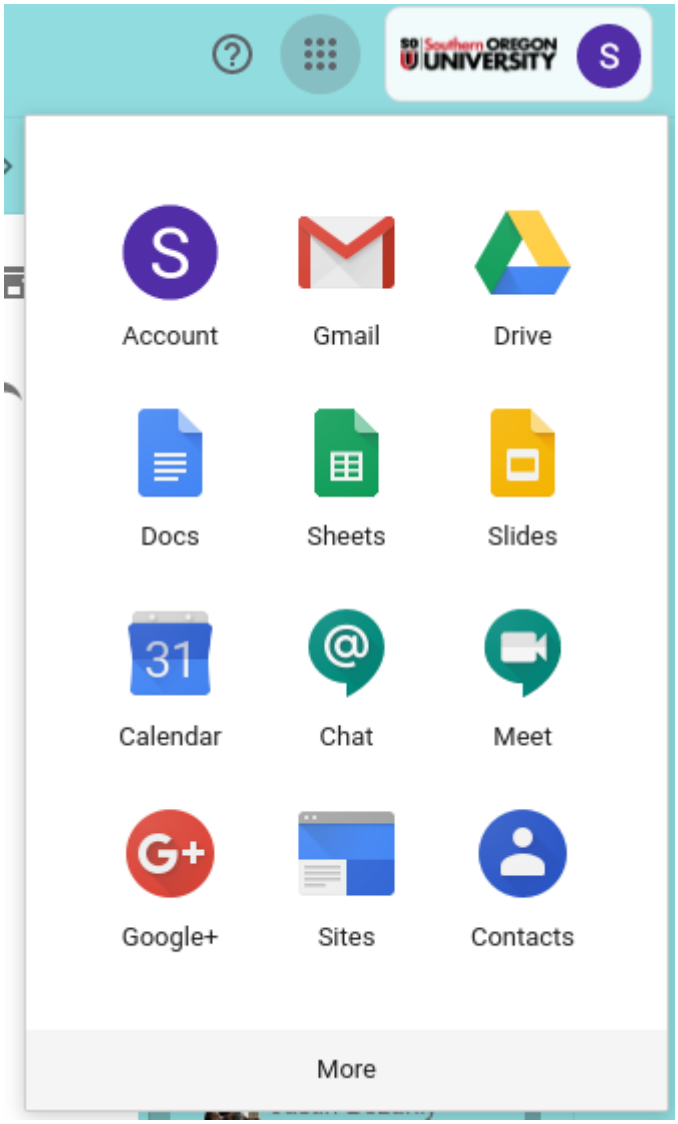
Clear Frequently Contacted with Old Name/Email Address

Stephen Lanning - 2025-04-23 - Comments (0) - Google Apps

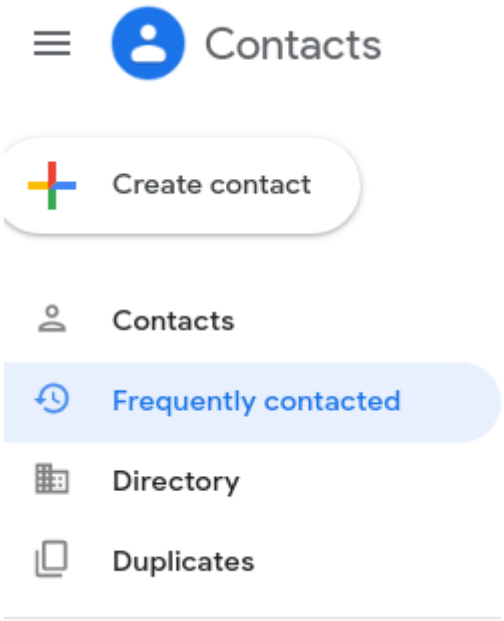
In order to remove your old name/email address from Google after a name change, you may need to remove your old email from the '**Frequent**' or the '**Frequently Contacted**' list in your **Contacts**, as well as the lists of others who may have contacted you prior to the name change.

How to Open and Access Gmail Contacts

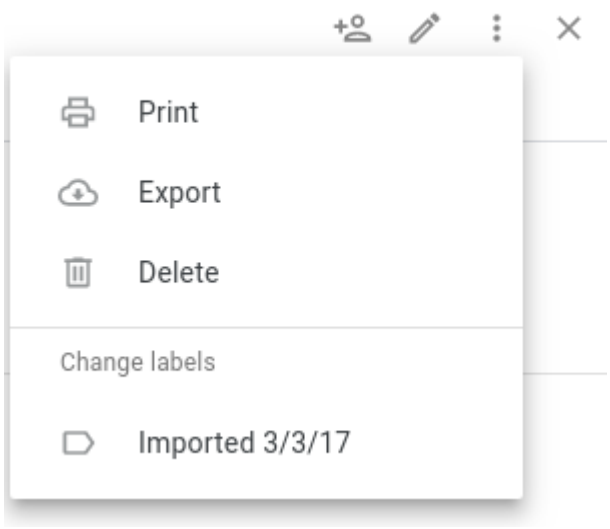
- Open **Gmail**.
- Select the **Apps icon** in the upper right. (The nine dots in a square or the **waffle menu icon**)



- 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].



- 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.