

como funciona as apostas betano

From a computer Instead of "username" you put the username of a person whose page you want to see. A prime example: I want to check my own account when being not authorized. My profile address is instagram/juliamoorenyc. I type the URL in the address box and press "Enter".

[How to view Instagram without an account: from a phone or computer](#)

taplink.at : blog : how-to-view-instagram-without-an-account

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Change your Instagram account email or phone number

1

Open the Instagram app, then at the bottom, tap **Forgot password?**

2

Enter your username, then tap **Next**.

3

At the bottom, tap **Can't reset your password?**

4

Follow the on-screen instructions to submit a support request.

[Lost access to email](#)