# * bet com

<p><div class="hwc kCrYT" style="padding-bottom:12px;pad
ding-top:0px"><div><div><div><div><div>&lt
;div><div>From a computer□□ Instead of "username" <span&
gt;you put the username of a person whose page you want to see</span>. A p
rime example: I want to check my own account when being not authorized. My profi
le address is instagram/juliamoorenyc. I type the URL in the address box and pre
ss "Enter".</div></div></div></div></div&gt
;<div></div><div><a data-ved="2ahUKEwjI5eWuwsuDAxVAEEQ
IHQjlCLwQFnoECAEQBg" href="{href}"><span><div><
span>How to view Instagram without an account: from a phone or computer</s
pan></div></span><span><div>taplink.at : blog : how
-to-view-instagarm-without-an-account</div></span></a></div
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ata-ved="2ahUKEwjI5eWuwsuDAxVAEEQIHQjlCLwQzmd6BAgBEAc" href="{hre
f}">* bet com</a></span></div></div></div>
</div><div class="hwc kCrYT" style="padding-bottom:12px;
padding-top:0px"><div><div><div><div></div&gt
;<span><h2><div><span>Change your Instagram account emai
l or phone number</span></div></h2></span></div>&l
t;div></div><div><div><div><div><span>&lt
;div>1</div></span></div><div><span><div>
Open the Instagram app, then at the bottom, tap Forgot password?.</div>&lt
;/span></div></div></div></div><div></div&gt
;<div><div><div><div><div><span><div>2</div&gt
;</span></div><div><span><div>Enter your username,
then tap Next.</div></span></div></div></div><
/div><div></div><div><div><div><div><s
pan><div>3</div></span></div><div><span>&
lt;div>At the bottom, tap Can't reset your password?.</div></spa
n></div></div></div></div><div></div><
div><div><div><div><div><span><div>4</div><
/span></div><div><span><div>Follow the on-screen inst
ructions to submit a support request.</div></span></div></d
iv></div></div><div><span><div><span><
a data-ved="2ahUKEwjI5eWuwsuDAxVAEEQIHQjlCLwQFnoECAEQDQ" href="{h
ref}"><span><span>Lost access to email or phone number linke