

```
r46('subscription', 'triggers', 'mail@example.com');
```

```
r46('subscription', 'digests', 'mail@example.com');
```

```
r46('subscription', 'mailings', 'mail@example.com');
```

, email

```
r46('subscription', 'mailings', 'mail@example.com', {'segment': 'SEGMENT_ID'});
```