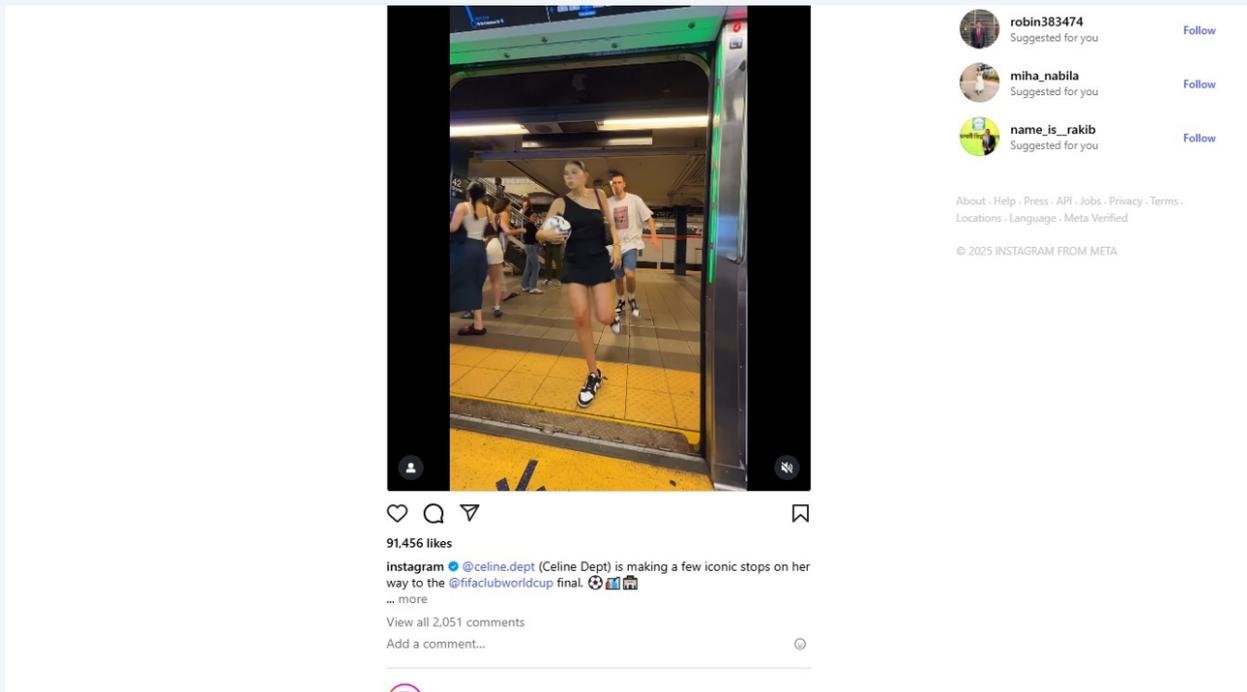




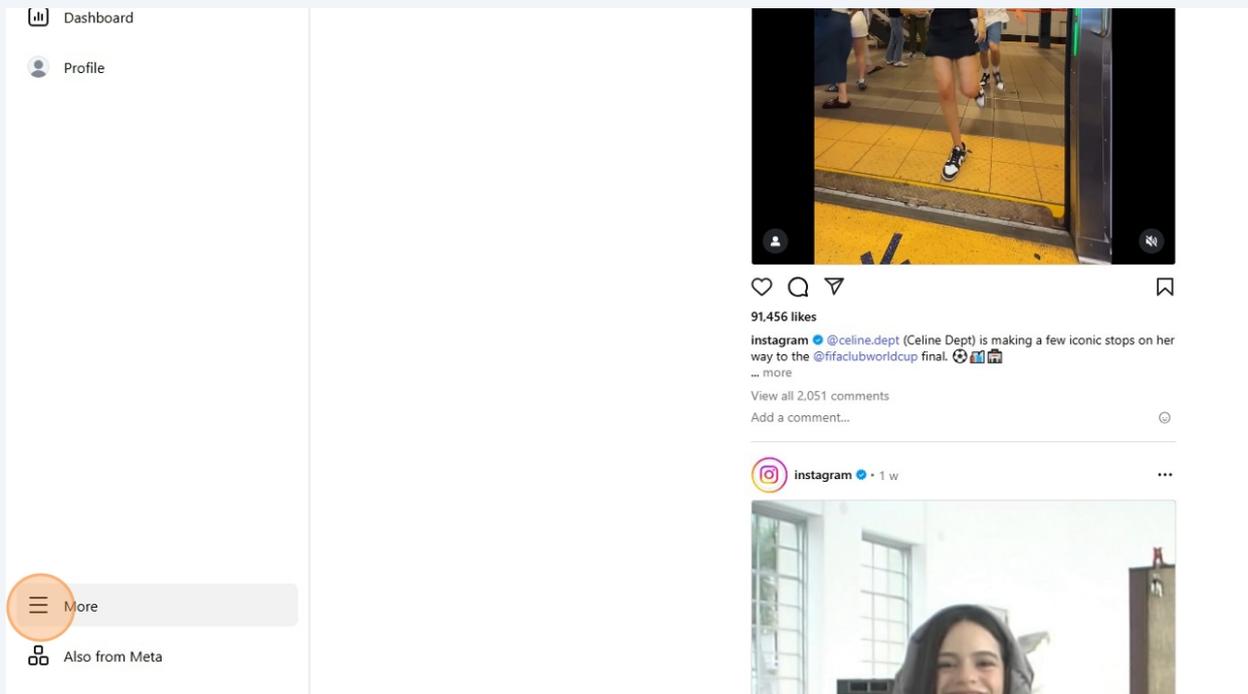
Error 400: "Session Invalid" or "OAuthException: Your account's future activity history off Meta technologies is currently turned off." error messages

This guide outlines how you can manage your future activity settings through Instagram. If you have tried to add your Instagram account to the Social Media Check but have received the following message: "400: Session Invalid" or "OAuthException: Your account's future activity history off Meta technologies is currently turned off." By following these steps, you can easily adjust your future activity preferences for your account, allowing you to add the Instagram account to the Social Media Check.

1 Navigate to <https://www.instagram.com/>

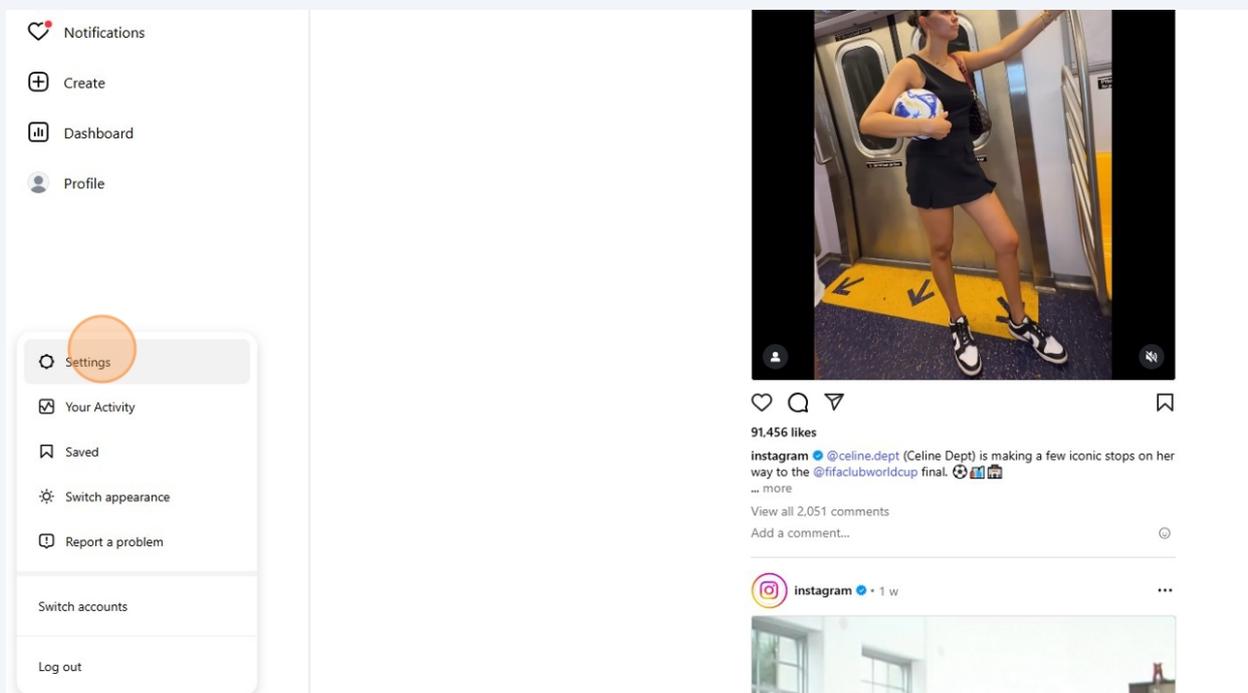


2 Click "more" or the three lines menu.



The screenshot shows the Instagram mobile app interface. On the left is a navigation menu with the following items: Dashboard, Profile, More (highlighted with an orange circle), and Also from Meta. The main content area displays an Instagram post from the account @celine.dept. The post features a video of Celine Dept in a subway station, with her legs and feet visible as she walks. The post has 91,456 likes and a caption that reads: "instagram @celine.dept (Celine Dept) is making a few iconic stops on her way to the @fifaclubworldcup final. ... more". Below the caption are options to "View all 2,051 comments" and "Add a comment...". A second post from "instagram" is partially visible below, showing a video of Celine Dept smiling.

3 Click "Settings"



The screenshot shows the Instagram mobile app interface with the 'Settings' menu highlighted in the bottom-left navigation bar. The navigation menu includes: Notifications, Create, Dashboard, Profile, Settings (highlighted with an orange circle), Your Activity, Saved, Switch appearance, Report a problem, Switch accounts, and Log out. The main content area displays the same Instagram post from @celine.dept as in the previous screenshot, showing Celine Dept in a subway station holding a soccer ball. The post has 91,456 likes and the same caption: "instagram @celine.dept (Celine Dept) is making a few iconic stops on her way to the @fifaclubworldcup final. ... more". Below the caption are options to "View all 2,051 comments" and "Add a comment...". A second post from "instagram" is partially visible below, showing a video of Celine Dept smiling.

4 Click "Accounts Centre".

The screenshot shows the Instagram app interface. On the left is the navigation menu with options: Home, Search, Explore, Reels, Messages, Notifications, Create, Dashboard, and Profile. The main content area is titled "Settings" and is divided into sections: "Meta" (with "Accounts Centre" highlighted in an orange circle), "How you use Instagram" (with "Edit Profile" highlighted), "For professionals" (with "Professional account" and "Creator tools and controls"), and "Who can see your content" (with "Account privacy" and "Close Friends"). On the right, the "Edit Profile" section is visible, showing the user's name "smcsupportteam", a bio, a website field, and gender options.

5 Click "Your information and permissions"

The screenshot shows the Meta Accounts Centre interface. The top header reads: "Manage your connected experiences and account settings across Meta technologies such as Facebook, Instagram and Meta Horizon. [Learn more](#)". Below this is a list of options: "Profiles" (highlighted in a dark blue bar), "Connected experiences", "Account settings", "Password and security", "Personal details", "Your information and permissions" (highlighted in an orange circle), "Ad preferences", "Meta Pay", "Subscriptions", and "Accounts". On the right, the "Your information and permissions" section is expanded, showing the user's profile "smcsupportteam" with an Instagram icon and an "Add accounts" button. Below this, the "More from Meta" section includes "Meta Verified" and "Meta device".

6 Click "Your activity off Meta technologies"

Meta
Accounts Centre
Manage your connected experiences and account settings across Meta technologies such as Facebook, Instagram and Meta Horizon. [Learn more](#)

- Profiles
- Connected experiences

Account settings

- Password and security
- Personal details
- Your information and permissions**
- Ad preferences
- Meta Pay
- Subscriptions
- Accounts

Your information and permissions

- Download your information >
- Transfer a copy of your information >
- Search history >

View, download or transfer your information and activity on our apps.

- Your activity off Meta technologies** >
- Specific ad partners >
- Manage contacts @ >
- Manage cookies >

Control what information Meta technologies can use to influence your experiences.

7 Click "Manage future activity"

- Ad preferences
- Meta Pay
- Subscriptions
- Accounts

Learn more about activity off Meta technologies >

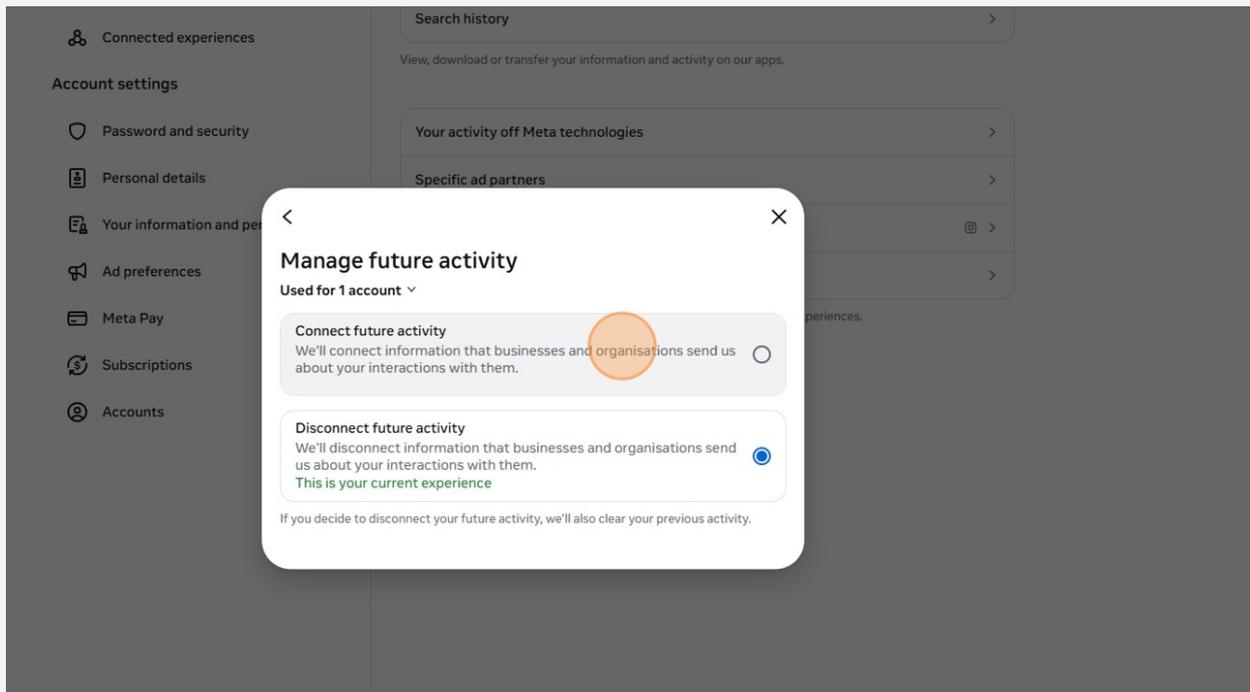
What you can do
You can control or disconnect the information that businesses send to Meta.

- Recent activity** >
You have no available activity to show at this time.

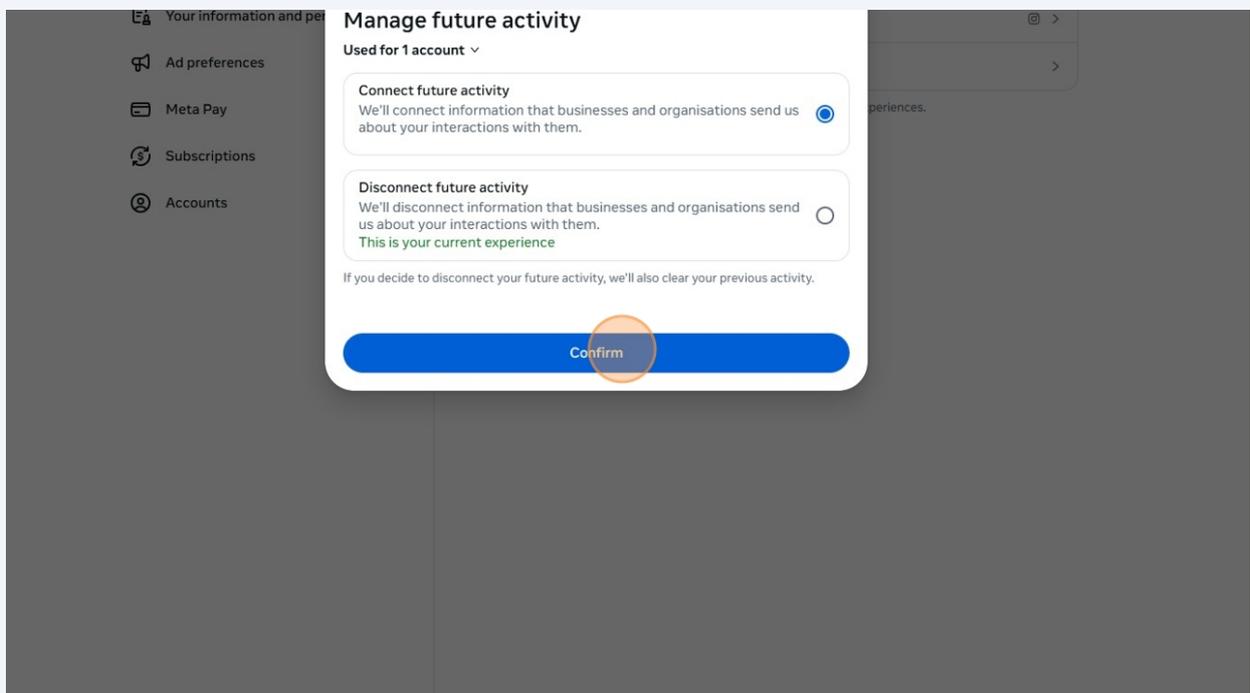
Your off-Meta activity is currently turned off.

- Disconnect specific activity >
- Clear previous activity >
- Manage future activity** >

8 Click "Connect future activity"



9 Click "Confirm"



10

Once confirmed, clear your browser cache, go back to the check screen and click the Instagram icon to add your account to the check.