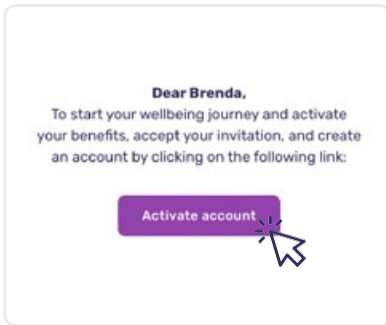
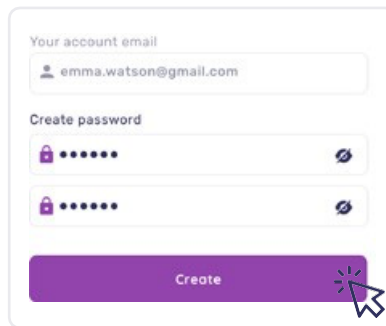


# How to get started?

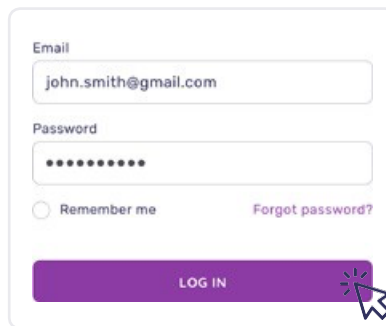
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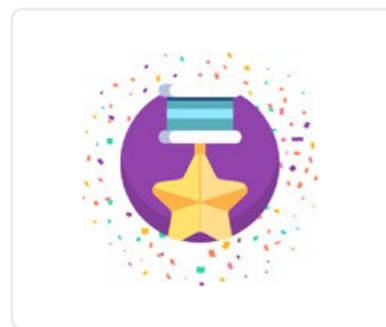
2



3



4



## Check your e-mail from your phone or Desktop

You will receive an email from [Attentive](#). Read the short welcome message and click the Activate account button.

- TO CREATE A SHORTCUT ON MORE THAN ONE DEVICE, OPEN THE ACTIVATION EMAIL ON ALL DEVICES
- YOU WILL ONLY HAVE TO FOLLOW THE BELOW STEPS ONCE
- EACH ACTIVATION LINK IS SPECIFIC FOR EACH USER - DO NOT SHARE YOUR LINK WITH OTHERS

## Create a strong password

You will be redirected to registration page to create a strong password. (Please write it down).

- ATTENTIVE WILL NOT HAVE ACCESS TO YOUR PASSWORD
- YOU WILL USE THE SAME EMAIL AND PASSWORD ON ALL SERVICES, EXCEPT 24ALIFE.

## Login to your account

After registration, access Your Personal Portal with your e-mail & password.

- YOUR NEW PERSONAL PORTAL ALLOWS A SINGLE SIGN ON FOR ALL SERVICES, EXCEPT 24ALIFE.
- ALL BENEFITS ARE ACCESSIBLE VIA WEB BROWSERS, NOT APPS

## Enjoy your well-being journey

Take your well-being assessment, review your results, and begin your journey to better health and well-being.

- AFTER LOGIN YOU WILL HAVE A SERIES OF QUESTIONS TO ANSWER
- THIS QUESTIONNAIRE CREATES YOUR WELL-BEING SCORE AND TAKES APPROXIMATELY 6 MINUTES
- YOU MAY UPDATE THIS INFORMATION AT ANY TIME
- THE WELL-BEING QUESTIONNAIRE CREATES YOUR PERSONAL PORTAL FOR YOU SPECIFICALLY