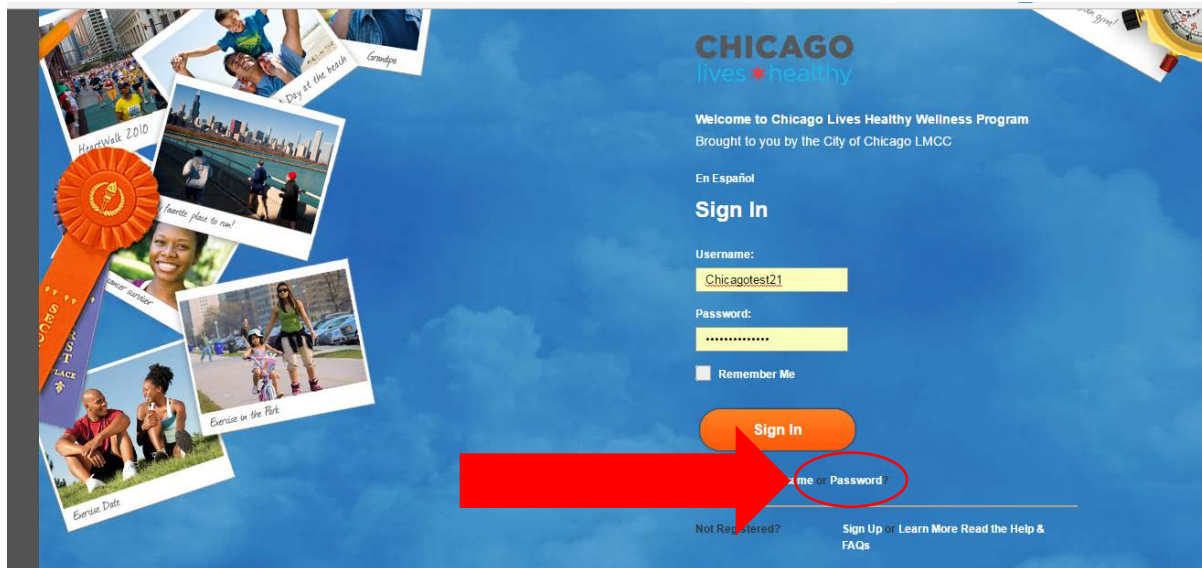


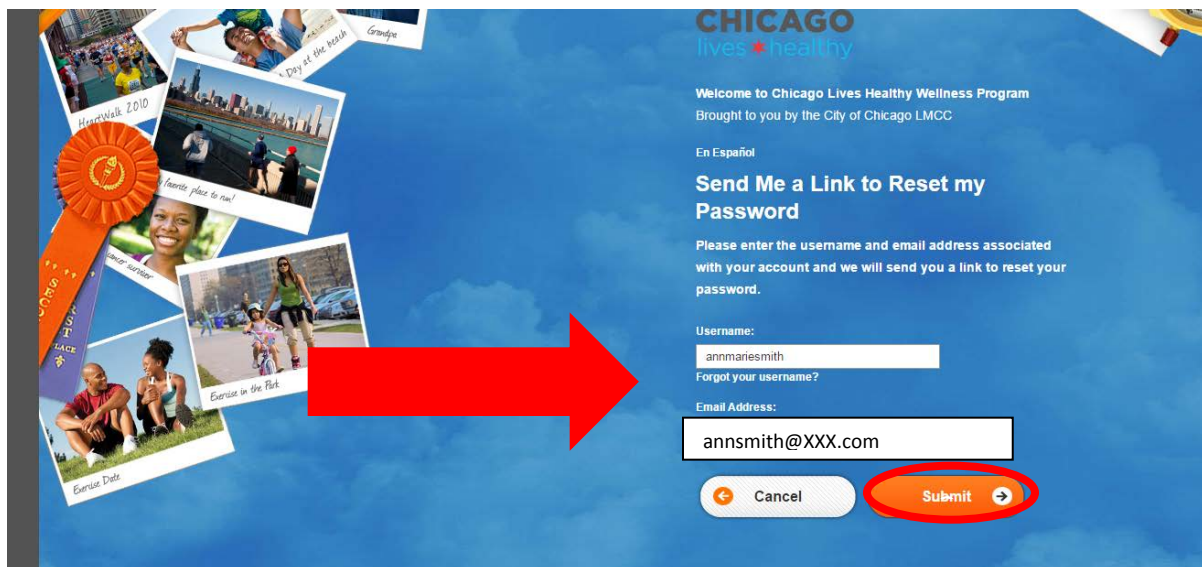
Password Reset Instructions

This user guide will show you how to reset your password.

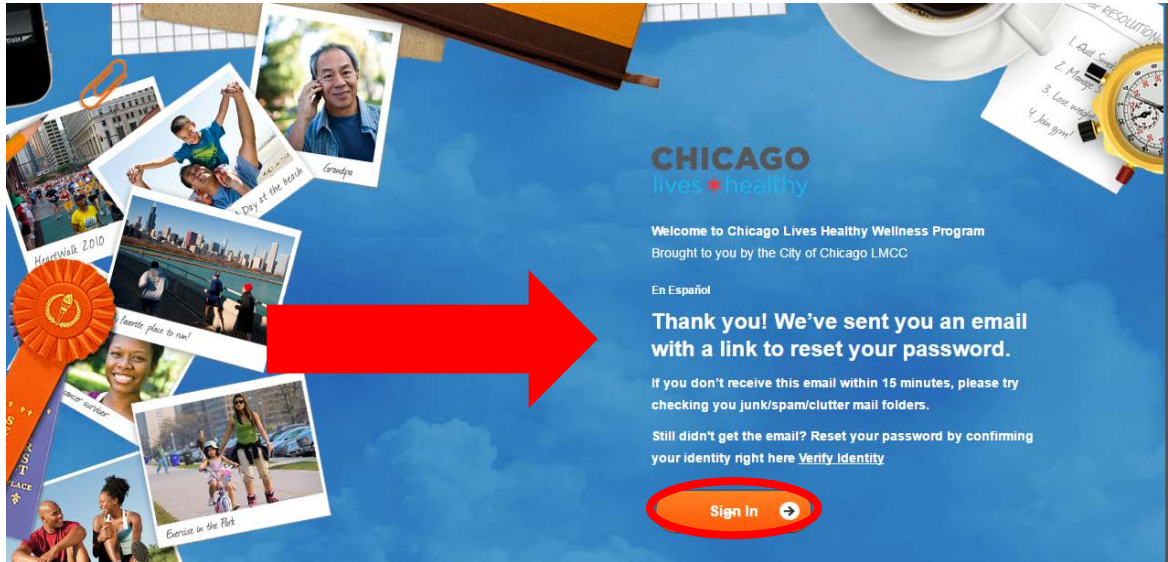
Underneath the "Sign In" button is a link to reset your password. See the Red Arrow below-Click on "Password".



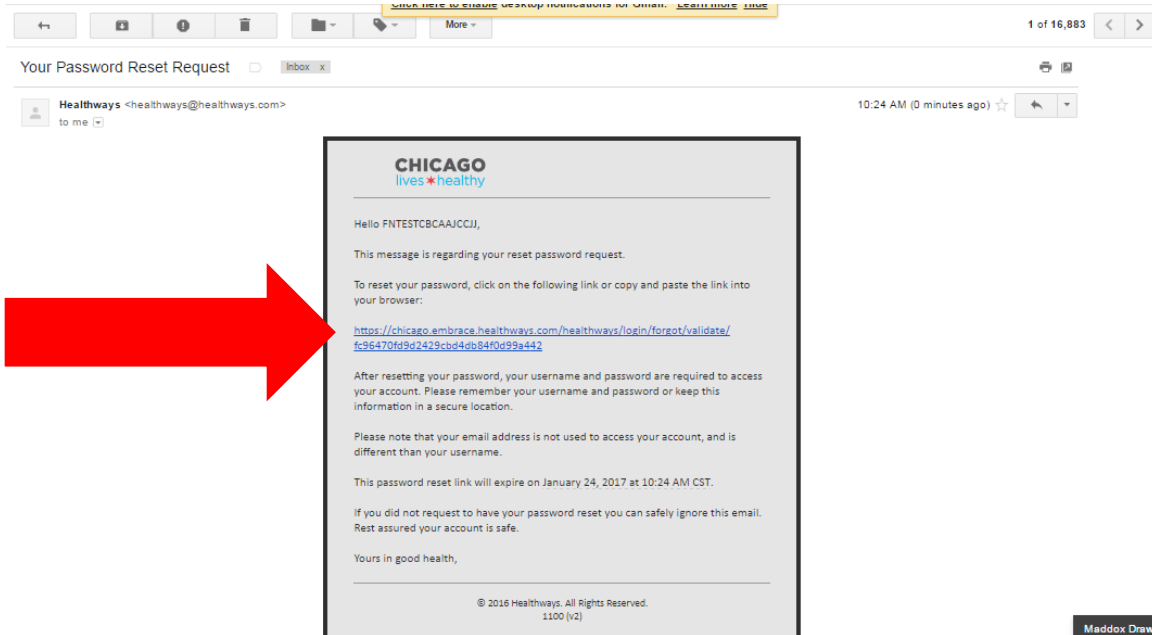
See the Red Arrow below: Enter your Username and Email Address and click "Submit".



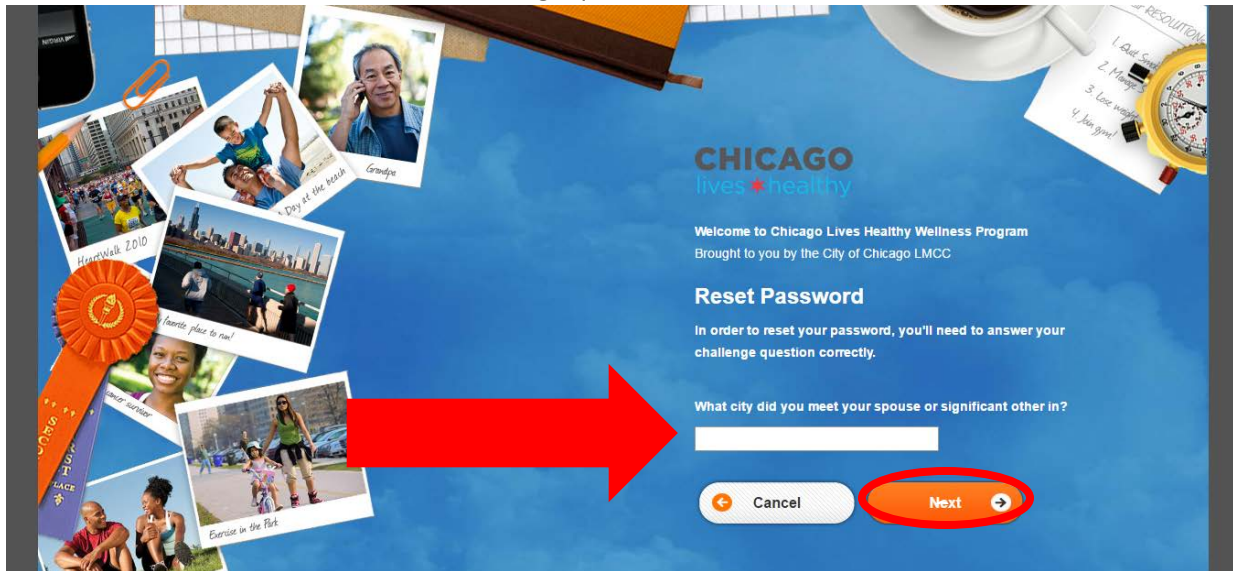
See the Red Arrow below: A Thank You message will appear on the sign-in screen indicating you will receive an email with a link to reset your password.



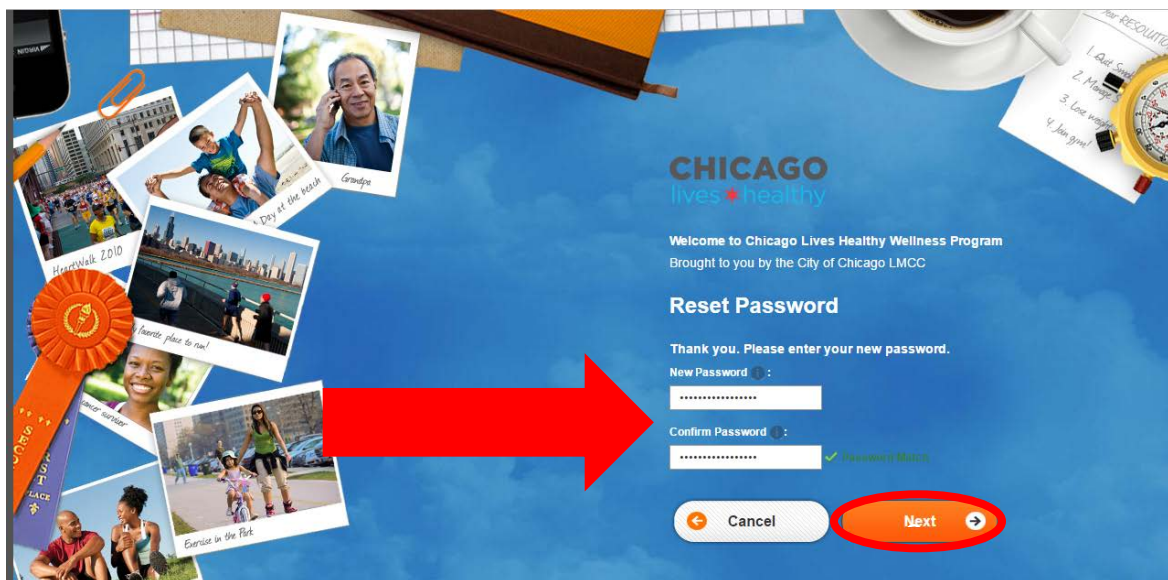
The subject line of the email will be "Your password reset request" See the red arrow below-Click on the link in the body of the email you received.



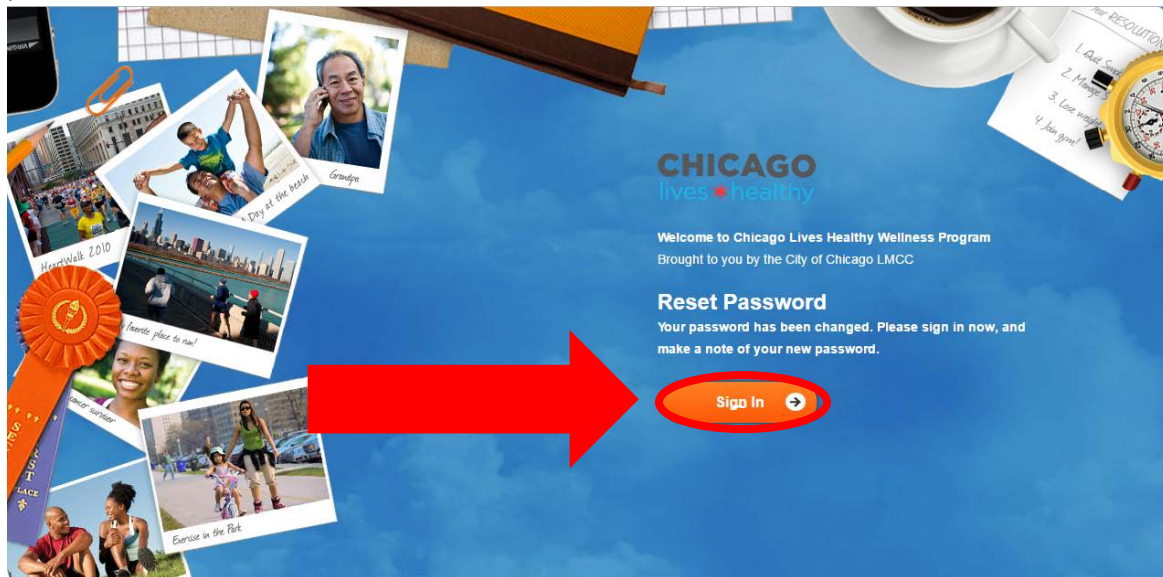
See the red arrow below-Answer the challenge question and click "next".



See the red arrow below-enter your new password and confirm your password and click next.



See the red arrow below-Click on the Sign-In and sign-in to Well-Being Connect with your newly created password.



CHICAGO
lives • healthy

Welcome to Chicago Lives Healthy Wellness Program
Brought to you by the City of Chicago LMCC

Reset Password
Your password has been changed. Please sign in now, and make a note of your new password.

Sign In →

The image shows a digital interface for the Chicago Lives Healthy Wellness Program. The background is a vibrant blue sky with scattered white clouds. On the left side, there is a collage of polaroid-style photographs and documents. These include a photo of a man on a phone labeled 'Grandpa', a photo of a child and an adult labeled 'Day at the beach', a photo of a city street labeled 'HonestWalk 2010', a photo of a person running labeled 'Favorite place to run!', a photo of a woman smiling labeled 'Cancer warrior', and a photo of a woman with a child on a bike labeled 'Exercise in the Park'. There is also a photo of a group of people labeled 'Exercise in the Park'. A yellow watch is visible in the top right corner, and a white coffee cup is partially visible. A large red arrow points from the left side of the page towards the 'Sign In' button, which is a white oval with a red border and a right-pointing arrow. The text 'Reset Password' is bolded, and the 'Sign In' button is also highlighted with a red border.