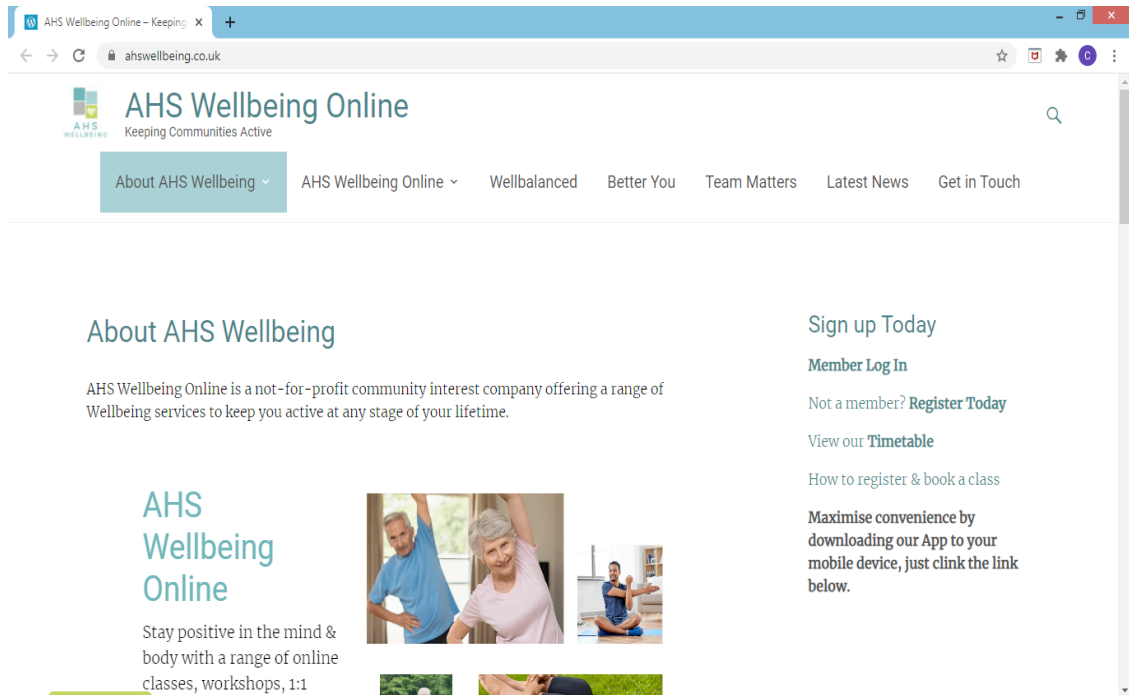


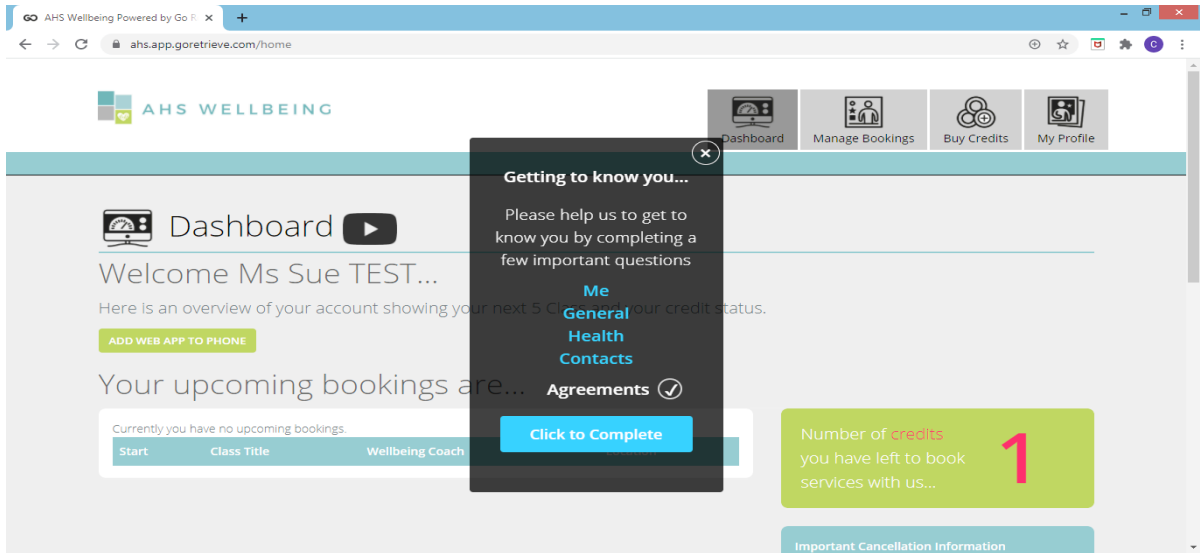


How to Log On to the AHS Wellbeing Online Platform

1. On your PC/Laptop/Table or Smartphone, go to www.ahswellbeing.co.uk . Click to accept All Cookies.



2. On the right hand side of the screen, click '[Member Log In](#)' . Input your email address and password , then click '[Log In](#)'.
3. You will then see your 'Dashboard' showing any classes or workshops you have booked are booked on to.
4. a) If it is your FIRST TIME logging in, a pop up box will appear asking you to complete some general information. Please complete these details for us. This will update your personal profile. You can update you password in this section.
b) You can update Your Profile at anytime. Please see our 'How to Amend Your Profile' guide on the website (www.ahswellbeing.co.uk)



If you have any queries regarding this please contact us at info@ahswellbeing.co.uk.