
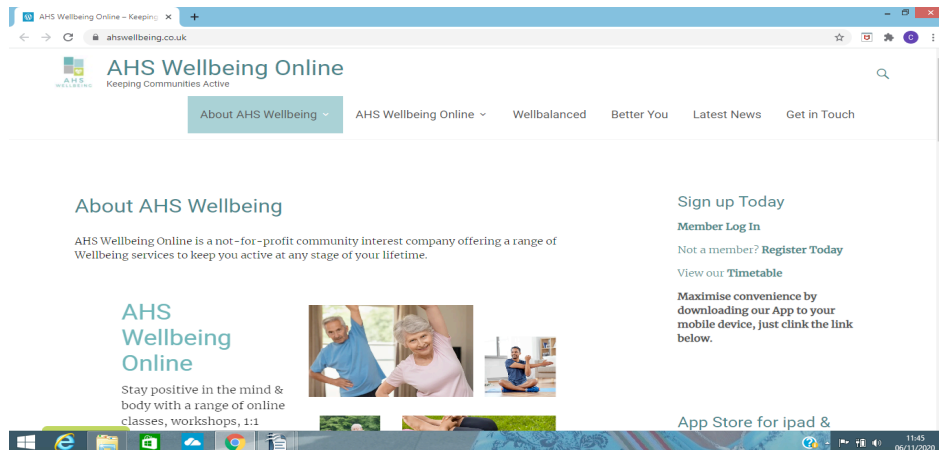


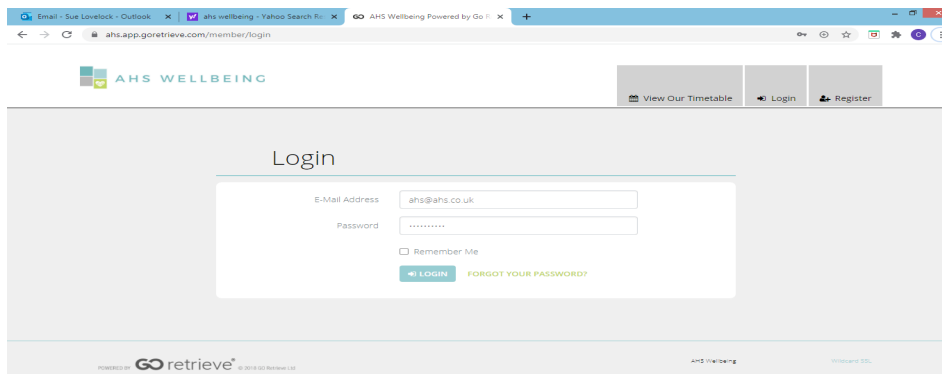


How to update your Profile via the website.

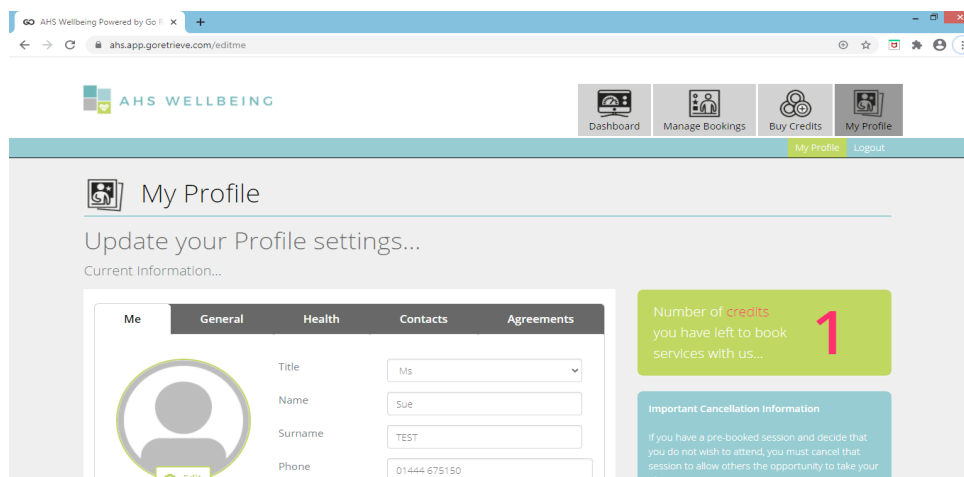
1. To update your profile, please log on to the AHS Wellbeing website on your PC or laptop – www.ahswellbeing.co.uk. We advise using Chrome  as your browser, this ensures that all website features are supported.
2. Log into your account – click on the **Member Log In** button on the right hand side of the screen.



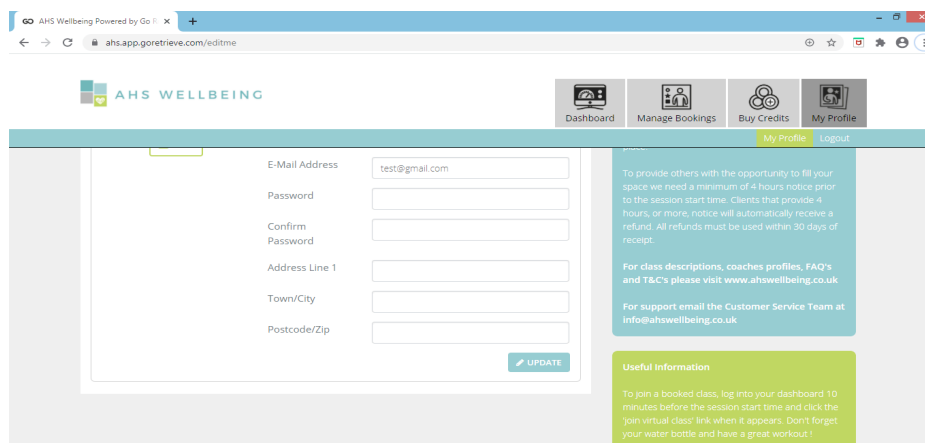
3. Enter your email address and password and click the blue 'Log In' button. (If you do not have an account, please register first – see our 'How to Register' guide in the How To... section of the website)



4. On the top right hand side of the screen click on the 'My Profile' tab



5. This will show all of your details, and you can amend them by adjusting the details in each section. When you have finished, click 'Update' at the bottom of the screen.



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