DO VIRTUALLY ANYTHING FOR YOUR HEALTH

Live Well

How to complete initial two-step verification setup on your desktop computer

1 Log into **LiveWell.** From the Set Up Two-Step Verification page, select **Continue.**

Set Up Two-Step Verification

Two-step verification allows us to keep your account secure even if somebody knows your password. After turning on this security feature, when you log in from a new device we will ask you for an additional verification code. This will help make sure only you have access to your account.

Continue   Cancel and log out

Though we don't recommend it, you can turn off two-step verification by clicking the link below.

Turn off two-step verification

2 On the Verify Your Identity page, follow the instructions and fill out any required information. Select **Continue.**
Note: If you already have a LiveWell account, make sure your information is up to date.

Verify Your Identity

Two-step verification uses the contact information we have on file to verify your identity. Before we begin, please make sure the information below is up to date.

Your email

Your phone

Continue   Back

3 Next, choose to receive your one-time use security code via **email** or **text message**.

Verify Your Identity

It is our goal to make sure your health information is safe and secure. You will now be required to enter a one-time use security code to verify your identity.

Learn more

Click the button below to generate a code

✉ Send to my email   💬 Text to my phone

4 **Enter the code** and select **Verify.** Once we verify your identity, you'll be signed in and two-step verification setup is complete. Note: If you don't receive your code within a few minutes, select Resend code and check your email or text messages again. You can also try receiving your code via the other verification method instead.

Verify Your Identity

We've sent a code to your email on file.

Learn more

🔒 Enter Code

🔑 Verify

Didn't receive the code?

Resend code

To learn more, visit aah.org/livewell/faq

Download the LiveWell app or learn more at aah.org/livewell   🍎 App Store   ▶ Google Play

LiveWell Support Team: 855-624-9366

LiveWell

Meditation exercises

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