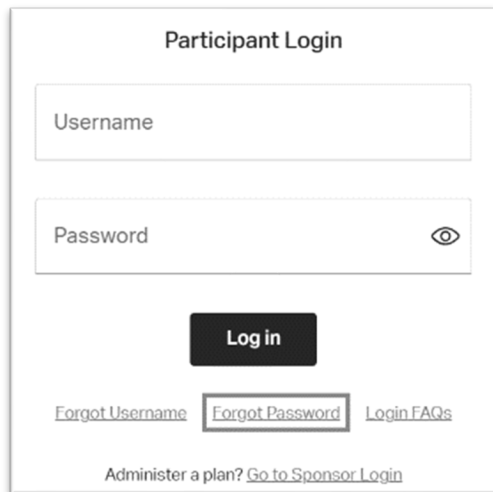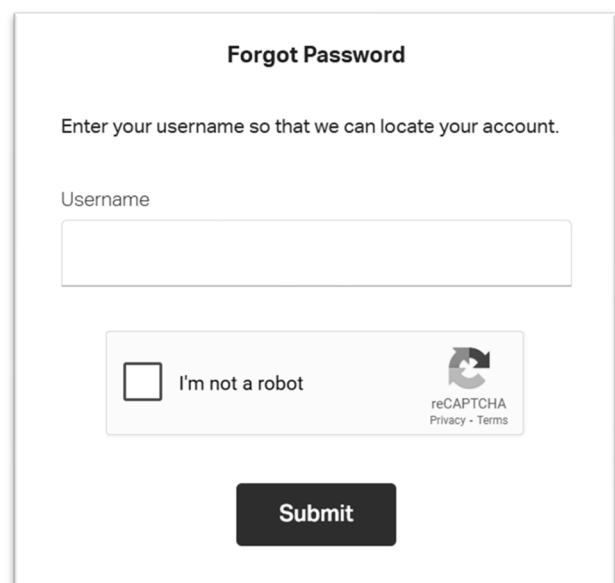# Reset Your Password

FORGOT PASSWORD?

From the Login Screen:
- Select *Forgot Password*
- Enter Username
- Click "I'm not a robot"
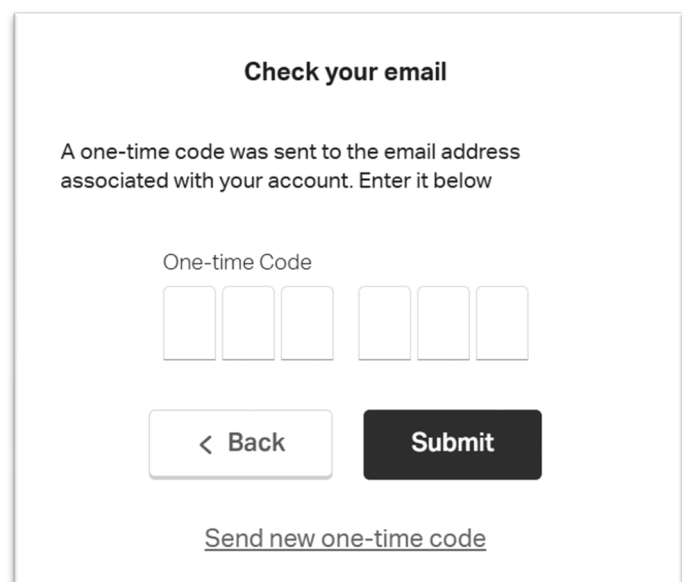- Follow the reCAPTCHA instructions
- Click *Submit*

From the Authentication Page:
- Check the email associated with your account for a One-time Code
- Enter the One-time Code on the authentication page
- Click *Submit*
- This step will reset your password
- Return to the login page

From the Login Page:

- Enter your existing Username
- Enter the temporary Password: Your birthday in **MONTHDDYYYY** format (e.g., JUNE041982 for June 4, 1982)
- Click *Log in*
- You will then need to update your password – Click *Next*
- Create a new password based on the parameters shown on the screen
- Click *Next*

Participant Login

Username

Password 👁

Log in

Forgot Username | Forgot Password | Login FAQs

Administer a plan? Go to Sponsor Login

Update your account information

For security purposes, updated information is needed.

Next

Create a new password

New Password

👁

✕ 14 to 50 characters

✕ At least 3 of the following: lowercase letter, uppercase letter, number, special character

Confirm New Password

👁

Next