

WANT TO FEEL BETTER *now?*

Begin your path to balance with TAO.

Create your account today!

1. Go to this link: us.taoconnect.org/register

Or scan this QR code:

2. Complete the form and click sign me up!



3. You will receive an email asking you to verify your email address. The email will also give you a temporary password, link to log in, and mobile apps information.

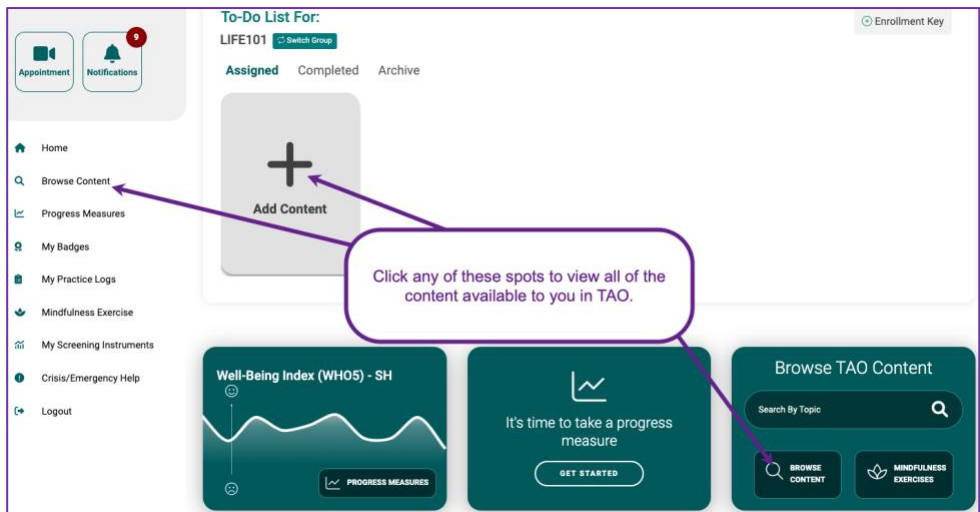
A screenshot of the registration form on the website. The form is titled "us.taoconnect.org/register" and includes sections for "Profile Information", "Login Information", and "Enrollment Key (optional)". Callouts with arrows point to various fields: "Enter the sign up URL you were provided with." points to the URL bar; "Fill out the highlighted fields to create your account. Be sure to use your institution email." points to the First Name, Last Name, Email Address, Password, and Confirm Password fields; "(Optional) Enter the enrollment key for your course if you have been provided with one." points to the Enrollment Key field; "Check the box to indicate you have read and agree to the Privacy Policy." points to the checkbox; and "Click 'Sign Me Up'!" points to the "SIGN ME UP" button. There is also a "WATCH VIDEO" button and a "Login" link.

Once you have verified your email,
you can log in.

Log in URL: us.taoconnect.org/login

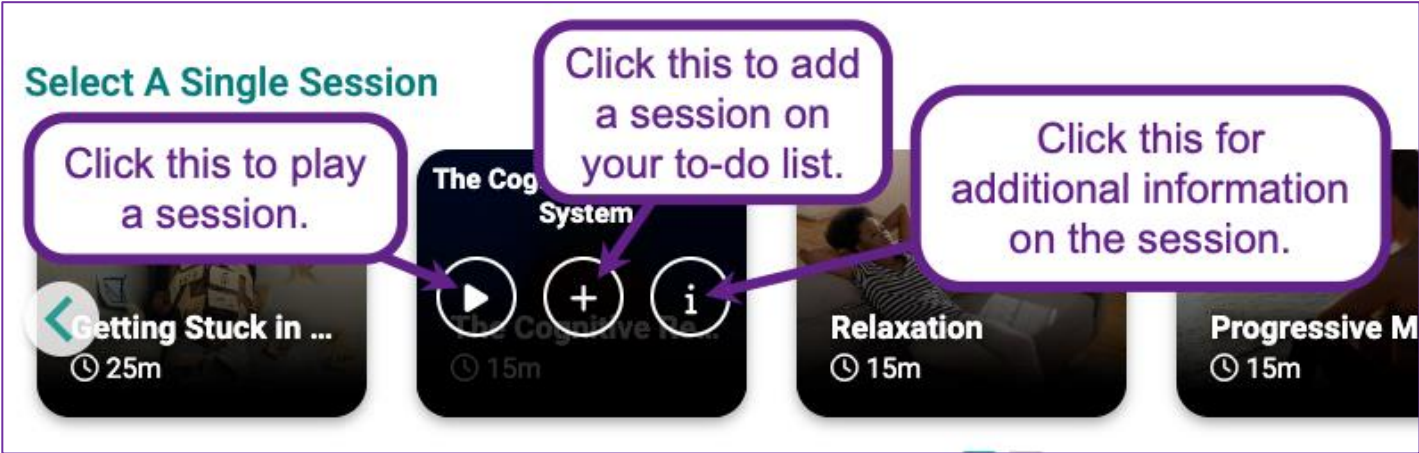
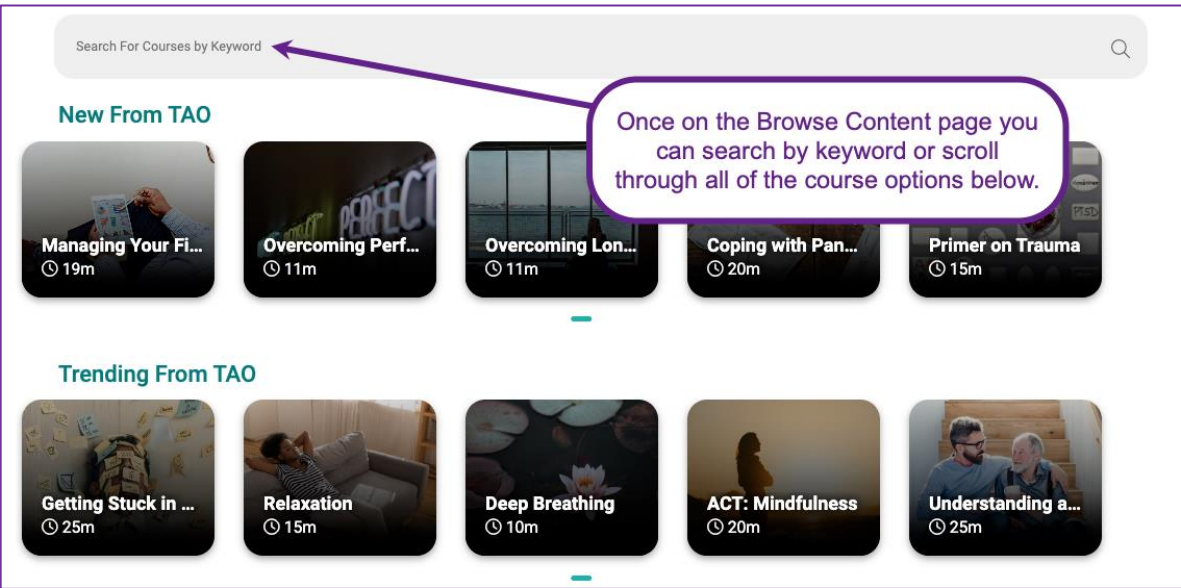
A screenshot of the "Verify Your Email Address" screen. It contains the text: "Before proceeding, please check your email for a verification link. If you did not receive the email, [click here to request another.](#)"A screenshot of the login form. It has tabs for "Login" and "Register". The "Login" tab is selected. The form includes fields for "Email ID" (with the example "dubbyat2@yahoo.com") and "Password" (with masked characters "*****"). There is a "Remember me" checkbox and a "Forgot password?" link. A "LOGIN" button is at the bottom.

You will be presented with your TAO Dashboard. From here you can browse available content or search for something specific. Look for the Browse Content button.



Find TAO content for you!

The Browse Content page is arranged in broad categories and then subdivided into topics. Navigate like you are in your favorite movie app. Click on something that you find interesting.



Once you've completed a session, you will be awarded a badge. You can find and share your badges from your dashboard.

Appointment

Notifications9

Home

Browse Content

Progress Measures

My Badges

My Practice Logs

Mindfulness Exercise

To-Do List For:
TCTDI Anonymous Self Help

Switch Group

AssignedCompletedArchive

Click here to view the badges you have earned.

Lifestyle Factors

25m

RESUME

Making Decisions Abou...

45m

Unhelpful Thoughts

10m

Badges		
🔔	Mindfulness	Earned At 2022-10-12 09:23:29
🔔	Problem Solving Model	View/Print/Download Your Badge 2022-10-07 16:54:05
🔔	Activation Plan	Earned At 2022-10-07 14:54:59