

# PROGRAMME MIEUX-ÊTRE

## HOW TO CREATE AN ACCOUNT ON OPTIMA'S MOBILE APPLICATION

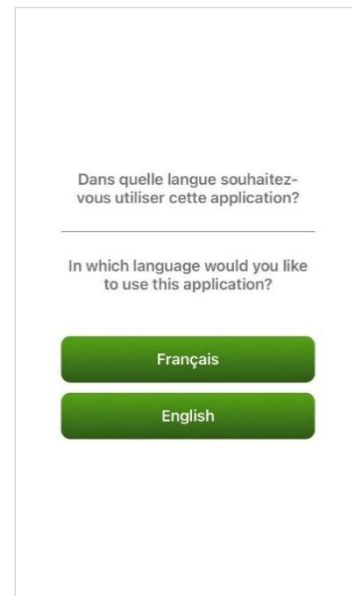
1

Download the EAP Optima mobile application on the App Store or Google Play.



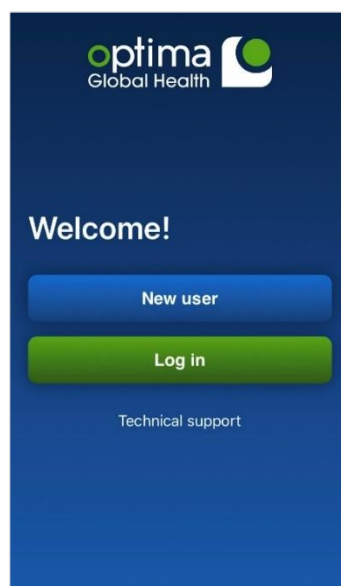
2

Choose a language.



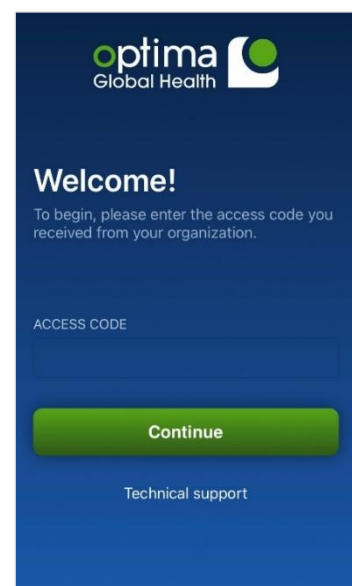
3

Click on "New user."



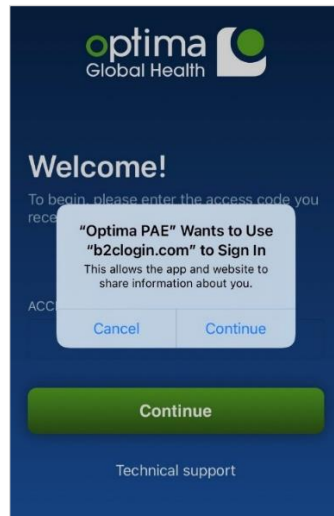
4

Enter your association access code, available at [www.aseq.ca](http://www.aseq.ca).



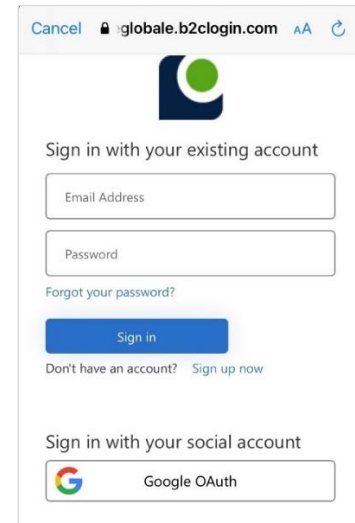
5

A pop-up will appear asking to use “b2clogin.com.” Press “Continue.”



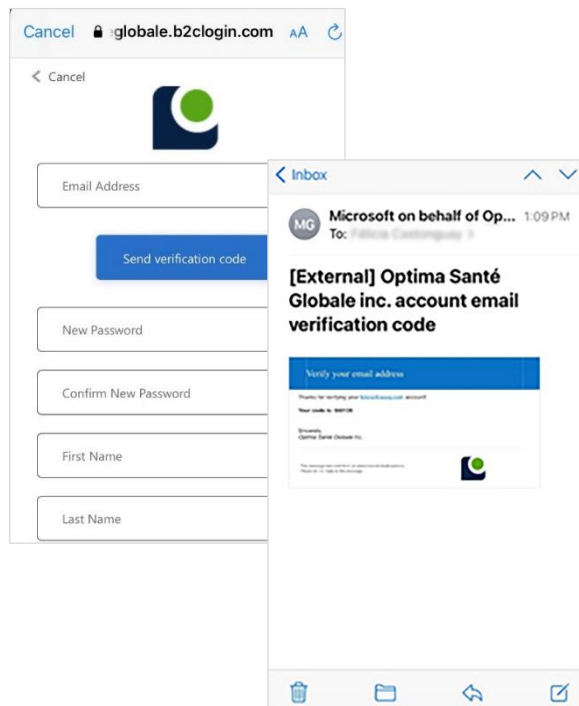
6

This will bring you to the login page. If you haven't yet created an account, select “Sign up now” under the “Sign in” button.



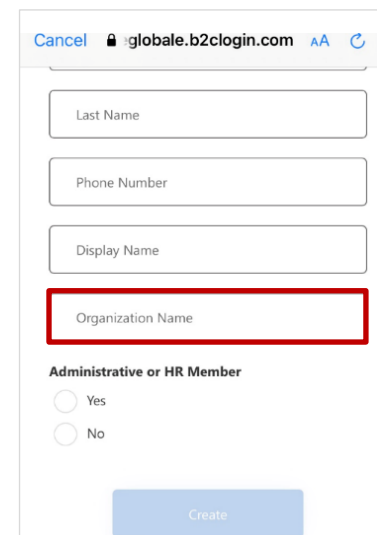
7

Next, you'll be prompted to enter your information. You'll need to request a verification code to continue. This might take a few minutes. Make sure to check your junk mail folder.



8

Enter your information. The “Organization Name” is your student association name, but this field, along with “Administrative or HR Member,” can be left blank.



9

Once the verification code has been received, enter it in the designated field and press “create” at the bottom of the page once your information has been filled in.

Cancel | globle.b2clogin.com | AA | ↻

Verification code

Verify code | Send new code

New Password

Confirm New Password

First Name

Last Name

10

Now that your account has been created, you can connect with a counsellor or access health and wellness information with the click of a button.

