How to use HealthChange® Online

*This document is also available from the Main Menu area on the HealthChange® Online Home page.

1. Log in to HealthChange® Online

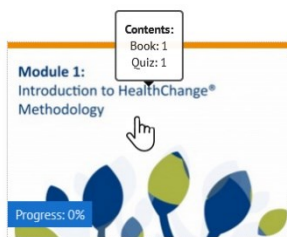- Ensure you are on the correct site http://online.healthchange.com NOT the HealthChange website.
- Use Firefox or Chrome as your browser. Do NOT use Safari as your browser.

2. Enter your course

- Scroll down the course names, then click on the appropriate course name to enter your course.

3. Access the course modules and activities

- To open content, hover your cursor over the title until you see the hand icon, then click to open.

Submission Activities

Identified by:

Completion of submission activities is required to receive your certificate. Open the activity by **clicking on the title** to access the instructions and the questions that you are required to respond to.

4. Maximise your recall and learning

- Have your HealthChange® Mini Guide and Menu of Options Card handy for reference when listening to the content material.
- Download a copy of the course presentation slides from the Welcome section.