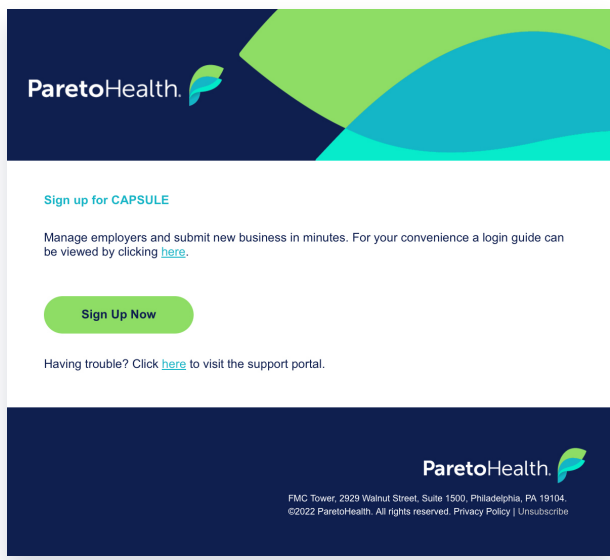


CAPSULE

Login Instructions

ParetoHealth.



Welcome Email

You will receive an email from **noreply@paretohealth.com** inviting you to sign up for the CAPSULE App. Don't forget to check your spam/junk folder if you don't see this email.



Account Set-Up

The link in the welcome email will bring you to this screen to set up your account.

Email: Please use the email that the invitation was sent to. A security code will be sent to this email on the next screen.

Mobile Phone: Please use your mobile phone number. A security code will be sent to this mobile number.

Email Confirmation

An email will be sent with a 6 digit security code to the email that the account was created under.

This email will come from **noreply@paretohealth.com**, so please check your spam in case it gets sent there. You can also request an additional code using the 'Resend Code' button if you do not receive this email.



Login Into Your Account

Once you enter your 6 digit code, the screen will prompt you to login using the password you created when you were setting up your account.



Need Help?

Click the 'Need Help?' or 'Help' buttons found at the bottom and left menu of each page to be directed to our support portal:

paretohealth.com/capsulesupport

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