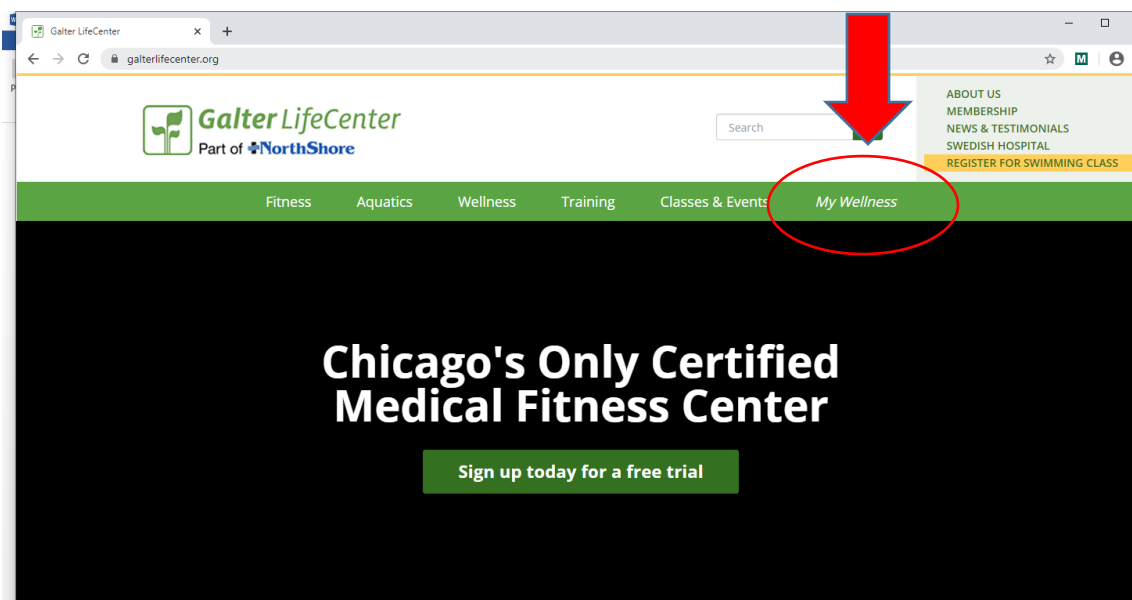


# How to Log In to My Wellness

1. Go to the Galter LifeCenter website (galterlifecenter.org) and click on “My Wellness”.



2. Put in your username and password.

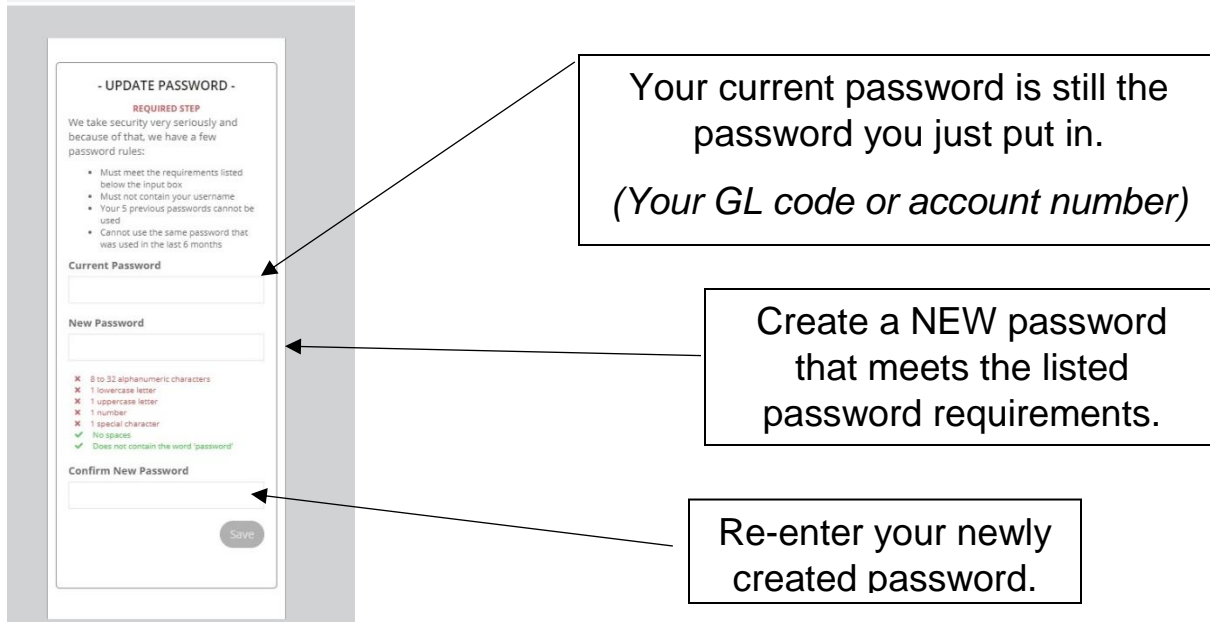
A screenshot of the Galter LifeCenter login form. The form is titled 'Welcome to Empower M.E.' and includes fields for 'Username' and 'Password'. Below the password field is a checkbox for 'REMEMBER USERNAME'. A green 'Login' button is at the bottom. There are also links for 'FORGOT USERNAME?' and 'FORGOT PASSWORD?'.

Your **Username** is the “GL” number on the back of your Galter Key Tag. Make sure the “G” and “L” are **CAPITALIZED**. If you wish, you can change your username when you log in.

Your **Password** is the “GL” number on the back of your Galter Key Tag. Make sure the “G” and “L” are **CAPITALIZED**. You will be prompted to change your password when you log in.

**Attention Virtual Members:** If you do not have a Galter Key Tag, follow the steps above using your account number as your username and password. If you do not know your account number, call 773-878-9936 and we will be happy to look it up for you!

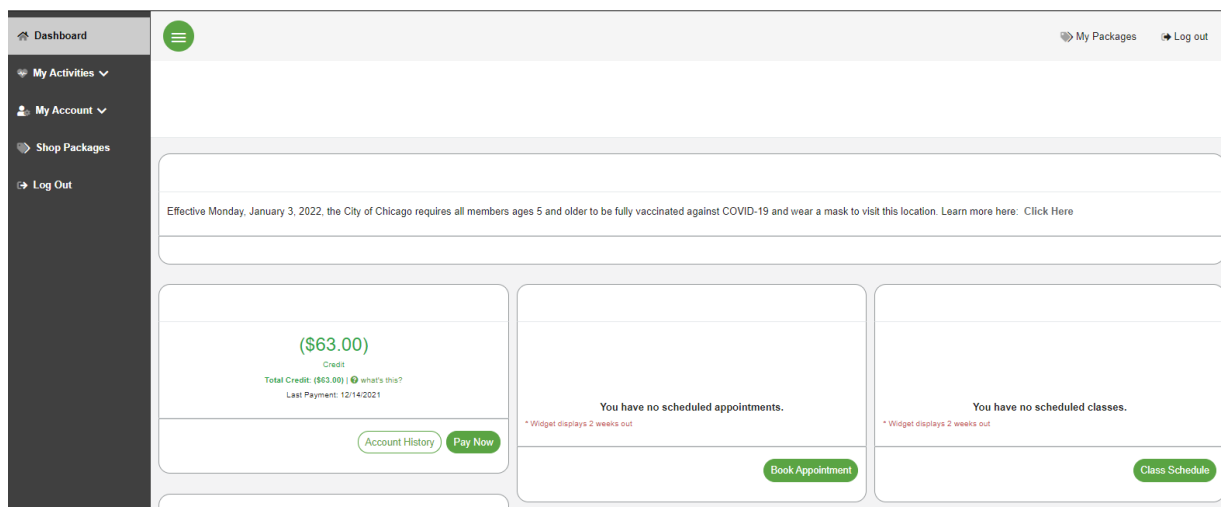
3. *My Wellness* will require you to update your password. Make sure to create a new password that meets all the listed requirements!



The screenshot shows a web form titled "- UPDATE PASSWORD -" with a "REQUIRED STEP" warning. It lists password requirements: 8-32 alphanumeric characters, 1 lowercase letter, 1 uppercase letter, 1 number, 1 special character, no spaces, and no "password" word. The form has three input fields: "Current Password", "New Password", and "Confirm New Password", plus a "Save" button. Three callout boxes point to these fields:

- Current Password:** Your current password is still the password you just put in. (Your GL code or account number)
- New Password:** Create a NEW password that meets the listed password requirements.
- Confirm New Password:** Re-enter your newly created password.

4. You have now logged in successfully! It will lead you to the dashboard.



The dashboard features a dark sidebar with navigation links: Dashboard, My Activities, My Account, Shop Packages, and Log Out. The main content area includes a COVID-19 notice, a credit widget showing a balance of \$63.00 with buttons for "Account History" and "Pay Now", and two empty appointment/class schedule widgets with "Book Appointment" and "Class Schedule" buttons respectively.