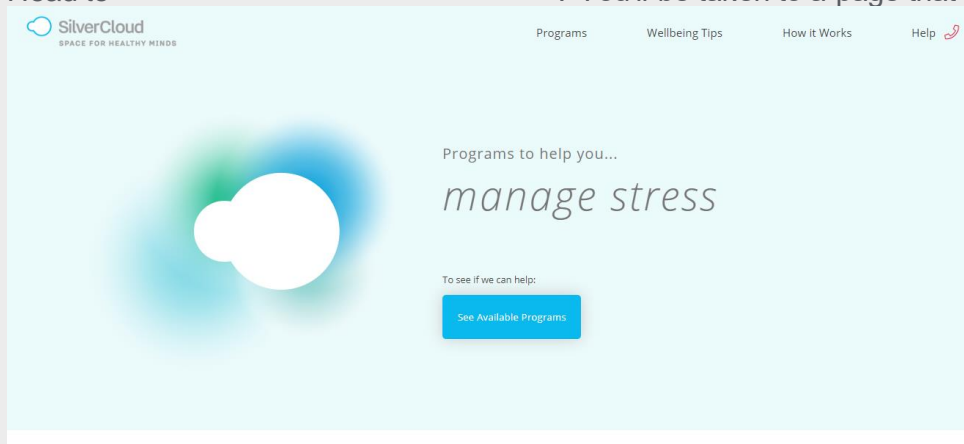


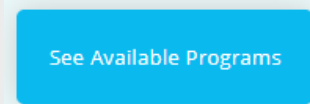
SilverCloud Health Sign Up Process

SilverCloud Health is a clinically-proven, online platform that helps you navigate stressful, overwhelming or anxiety-inducing situations through self-guided behavioral health programs and activities. SilverCloud is free for UnityPoint Health team members and their families to use. Follow these instructions to sign up.

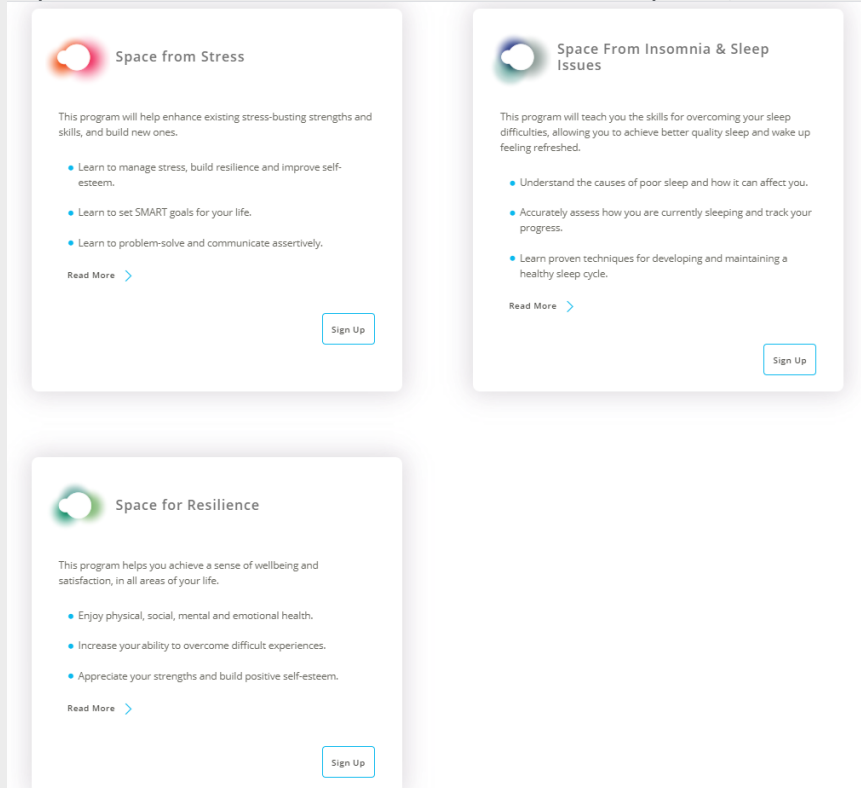
1. Head to [SilverCloud Health](#). You'll be taken to a page that looks like this:



2. Click the “See Available Programs” button.



3. You'll be taken to a page that says “Our Programs”. Scroll down past the welcome message to choose from three different programs – “Space from Stress”, “Space from Insomnia & Sleep Issues”, and “Space for Resilience”. Choose one of the three options, and click, “Sign Up.”



4. You'll be taken to a page that says where you'll need to agree to the terms and conditions, by clicking the "I understand and agree" button.

Before we begin, please note:

- ✓ Everything you do on SilverCloud will remain **completely confidential**. Read the [full contract](#).
- ✓ To give you the best experience there are elements of your information that we need to store and process, in line with our [privacy practices](#).
- ✓ SilverCloud is **not an emergency service**. If you need urgent help please [speak to someone now](#).

[I understand and agree](#)

5. When signing up for the first time, you will need to provide an email and create a password for your SilverCloud Account. You'll also need to enter the code "UP2020" where it says, "Please enter an access code..."

Let's set up your account...

Please enter your email...

Please add a password...

Please enter an access code...

UP2020

[Sign Up](#)

6. Verify your email address by locating the SilverCloud message within the email address you provided. The email will come from [do-not-reply@silvercloudhealth.com](#). Click "Continue Signup". If you do not see the email in your inbox, please check your junk or spam folders.

[Continue Signup](#)

7. When you're taken back into SilverCloud, follow a few basic prompts and you're ready to get started with your first module!
8. Once you've signed up and you need to log in at a later time, head to <https://care.silvercloudhealth.com/> and use your email and password to sign in.