

STEPS TO REDEEM YOUR COMPLIMENTARY SUBSCRIPTION CODE

(It is very important that you do things in this order to avoid any issues.)

1. Start by tapping or clicking <https://redeem.tenpercent.com/> to get to the redemption page on our website.
2. Create an account on that website (or, if you already have an account, sign into your Ten Percent Happier account where it says "Already have an account? Sign In.").
 - Make a note of the way you registered your account — using email/password OR Sign up with Apple OR Sign up with Facebook — you'll need it when you sign into the Ten Percent Happier app on your mobile device.
3. Enter your Gift Code: **HEALTHCARE** (capital letters count).
4. Tap or click Redeem. → Congrats! 🎉 You have applied this coupon code to your account
5. Download the [iPhone App](#) or [Android App](#) on your mobile device (if you haven't already).
6. **IMPORTANT: please log into the app using the same method you used to claim your code on the website.**
 - Please do not create a new account on the app that is different from the account that you just created on the website.

Congrats! 🎉 You should now have access to Ten Percent Happier.

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ADDITIONAL RESOURCES

Here are a few additional resources that you might find helpful:

- Our central [Coronavirus Sanity Guide](#) webpage highlighting various entirely free resources we are putting together to help you find some calm in this extremely difficult and stressful time.
- Our [Meditation FAQ](#) page for common questions about meditation.
- Our online [Help Center](#) for common technical support questions.