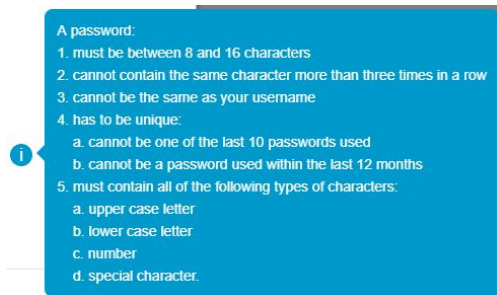# How do I reset my password?

For security purposes, you are required to change your password regularly. When prompted, enter your user name and new password, and click **Set**. Your new password must meet the password requirements detailed in the following image. Click the **i** icon beside your username and password to see the password requirements.

Step-by-step instructions

Change your password manually while logged in

1. Beside the Logout button, click your username.

2. Click **Set password**.

3. Enter a new password.

4. Re-enter the new password.

5. Click **Save**.

Change your password when you forgot your password

1. From the Login page, click **Forgot your password?**.
2. Enter your username and email address.
3. Click **Email link**.
4. Check the inbox of the email address you provided, and open the email from ResMed ReSupply™.
5. In the email, click the **Password reset** link.
6. On the Set password page, enter a new password.
7. Click **Save**.