

live well be well

WELLNESS UNIVERSITY

How to redeem the Ten Percent Happier offer.

To claim your complimentary subscription you'll **redeem the gift code (HEALTHCARE) on our website.** <https://redeem.tenpercent.com/>

Then log into the mobile app on your Apple or Android device using the same Ten Percent Happier account and all the subscription contents of the app will be unlocked. *Please note that this gift subscription cannot be applied to an account that already has an active subscription.*

How to Redeem Your Code

Tap or click <https://redeem.tenpercent.com/> to get to the redemption page on our website.

If you don't yet have a Ten Percent Happier app account:

Create an account using one of these methods:

- Use an email and password that you'll use to log into the mobile app
- Tap [Sign up with Apple](#)
- Tap Sign up with Facebook

Make a note of the way you registered your account - you'll need it when you sign into the app on your Apple or Android device.

If you already have an account for the Ten Percent Happier app:

Tap on the words [Sign In](#) at the bottom of the box where it says "Already have an account? [Sign In](#)." Sign into the redemption page using the same method you used to create your account:

- Use the email and password you used to register your account
- Tap [Sign in with Apple](#)
- Tap Sign in with Facebook

If you need to reset your password in order to login, you can use [this link](#).

Once You're Signed Into Your Account:

- **Enter your Gift Code: HEALTHCARE (capital letters count)**
- Tap or click Redeem.

Use the App

You'll use the app on your cell phone or tablet. Download the [iPhone App](#) or [Android App](#), if you haven't already, and log in using the same method you used to claim your code on the website. Check out our Help Center articles [Sign into Ten Percent Happier with an Existing Account](#) and [Using Sign in with Apple to Sign into your Ten Percent Happier Account](#) to be sure you get signed into your correct Ten Percent Happier account. The content in the Ten Percent Happier app isn't available on a desktop computer.