

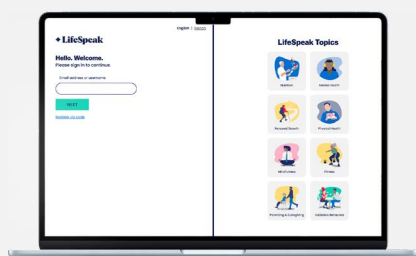


Forgot your password?

Here are the steps to reset your LifeSpeak *Holistic Wellness* password:

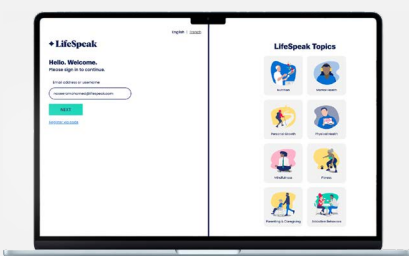
1

Go to the LifeSpeak *Holistic Wellness* website portal:
portal.lifespeak.com



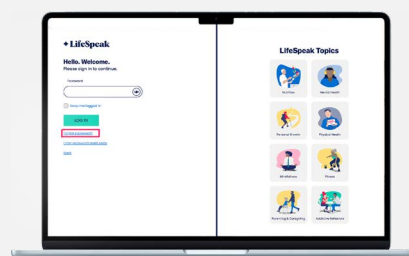
2

Enter your username
and select 'Next'



3

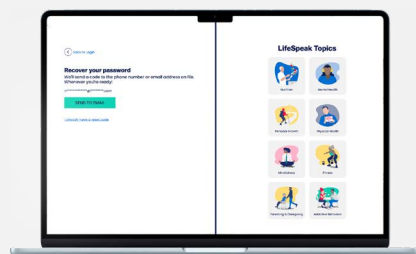
Select 'Forgot
password?'



4

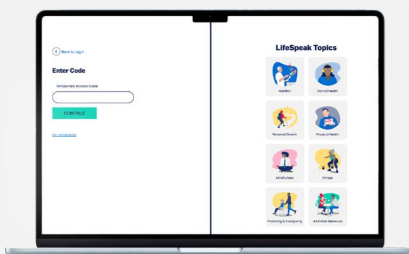
Select 'Send to Email'. We will
send you a code to the email
address on file.

If your phone number is added in your
LifeSpeak *Holistic Wellness* account,
you can also recover your password
by selecting 'Send to Phone'.



5

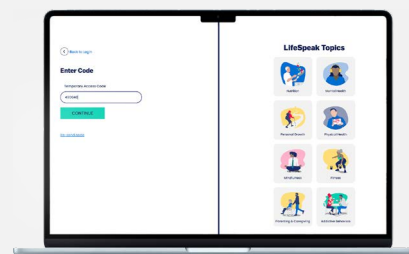
Remain on the page to enter
the temporary access code
that was emailed to you.



6

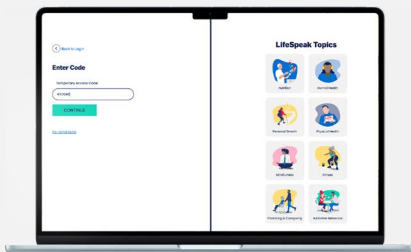
You will receive an email with a
6-digit temporary access code.

Please allow a few minutes to
receive the email.



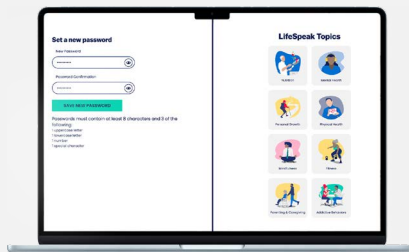
7

Enter your code in the box and select 'Continue'.



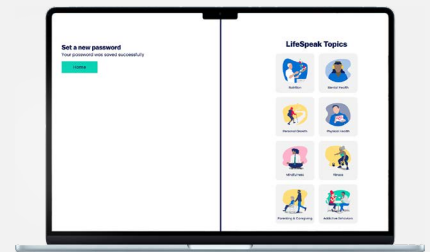
8

Enter a new password, then select 'Save new password'.



9

Your new password is saved!
You will receive an email confirming your new password has been updated.
Select 'Home' to relogin to your LifeSpeak *Holistic Wellness* account with your new password.



Still having trouble? Please reach out to your sponsoring organization or contact the LifeSpeak *Holistic Wellness* Support Team at member.support@lifespeak.com

New to LifeSpeak *Holistic Wellness*?

Find how-to guides, video tutorials, and other resources to help you make the most of your LifeSpeak *Holistic Wellness* experience: [LifeSpeak FAQs](#)