

TECH TIPS

Browser Tips

We strongly recommend using Firefox or Chrome browser for accessing the Whole Body Reset course site. And make sure your browsers are up to date in order to have an optimal experience.

Be sure to only open the Whole Body Reset course in one browser at a time, and to close other browser tabs and windows. This makes a huge difference.

The Whole Body Reset course is designed to be accessed from just one platform at a time. So please don't try to have the member site open on your desktop, your laptop, your smartphone, and your tablet all at the same time.

Before you close your browser be sure to click the LOGOUT button in the top right corner of the navigation bar in the member site. This will reset the system.

Video Tips

If you experience some choppiness watching the videos, make sure you have the latest version of Flash Player (it's free) running on your computer.

If you don't have Flash Player, you can get it for free [HERE](#).

Also try letting the video buffer (letting it upload fully) before you view it.

If you're still having trouble with the videos, try logging out of the system, closing any browser windows, and then clearing your cache.

If you don't have Adobe Reader, you can get it for free [HERE](#).

You can set up Adobe Reader as the default choice for PDF downloads. For the MAC instructions, visit this [SITE](#), and if you are working on a PC, check out this article [HERE](#).



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If you need further support, email us at help@getthehealthy.com and we will get back to you as quickly as possible.

Please note, our business hours are Monday - Friday, 9am - 5pm CST.

Click [HERE](#) for an article that includes instructions on how to clear your cache for multiple browsers and systems.

PDF Tips

All of the downloadable Action Sheets and Help Sheets work best with Adobe Reader (it's free). You can simply download your worksheets with Adobe Reader, save them to your desktop, and print them as need be.