

'Beating the Blues'

Signing up and getting started

Information for patients



You will have been sent an email link to register your 'Beating the Blues' account. Please follow the steps below to help you register. If you have any issues, please feel free to contact us using the details on the next page.

1. The email address will have been confirmed with your referrer when you agreed to use the website. If you have not received the email link or would like to have it sent to a different email address, please contact us to have it resent.
2. Once you have clicked on the link, you will be presented with the page as below:

Register

Please register to use Beating the Blues

Login Details

<p>Username <input type="text" value="Username"/></p>	<p>Choose a username which is SECURE - for example a nickname or a pets name which does not identify you or contain your email</p>
<p>Email <input type="text" value="Email"/></p> <p><small>Email is not mandatory but recommended.</small></p>	<p>Add an email address to enable resetting of password and to receive automated messages</p>
<p>Password <input type="password" value="Password"/></p>	<p>Choose a secure Password with a minimum of 8 characters, containing a minimum of one uppercase letter, one lower case letter, one digit and one special character (for example ?, !, #) and re enter your password to confirm</p>
<p>Confirm Password <input type="password" value="Confirm Password"/></p>	

About You

<p>First Name <input type="text" value="First Name"/></p>	<p>Check information in mandatory fields; First name, Last name</p>
<p>Last Name <input type="text" value="Last Name"/></p>	
<p>Date of Birth <input type="text"/></p>	<p>Completing the Date of Birth field is optional (we use your ID Code to identify you)</p>
<p>Identification Code <input type="text" value="NHSL1234je"/></p>	<p>This is your unique identifier, please do not delete it as we require it to identify you.</p>
<p>Phone Number <input type="text" value="Phone Number"/></p>	<p>Completing the Phone Number field is optional</p>

Click **Register** to complete your registration

3. Before starting the treatment, you will need to "understand and agree" to both the '**Terms and Conditions**' and '**Privacy Policy**' and read a summary of **three important notices** due to the nature of the website.

As each **Module takes 10-15 minutes** to complete, you may wish to take a short break before starting. Sessions **take around 45 minutes on average** to complete. You should aim to complete **at least one** every fortnight.

If you are unable to start **within a month from the date of this letter**, your activation code may expire. If you are unable to **complete a module every few weeks**, we may contact you with a reminder.

For more detailed information please visit: www.wellbeinglothian.scot/btb

If you have any issues **after** completing your first session or with accessing the site on a different device please visit, www.beatingtheblues.co.uk/user/

Contact us

Telephone: 0131 537 1247

Mobile: 07971122745

Email: btbcbt@nhslothian.scot.nhs.uk

Further information

- www.wellbeinglothian.scot/btb
- nhs.beatingthebluesuk.com/login

