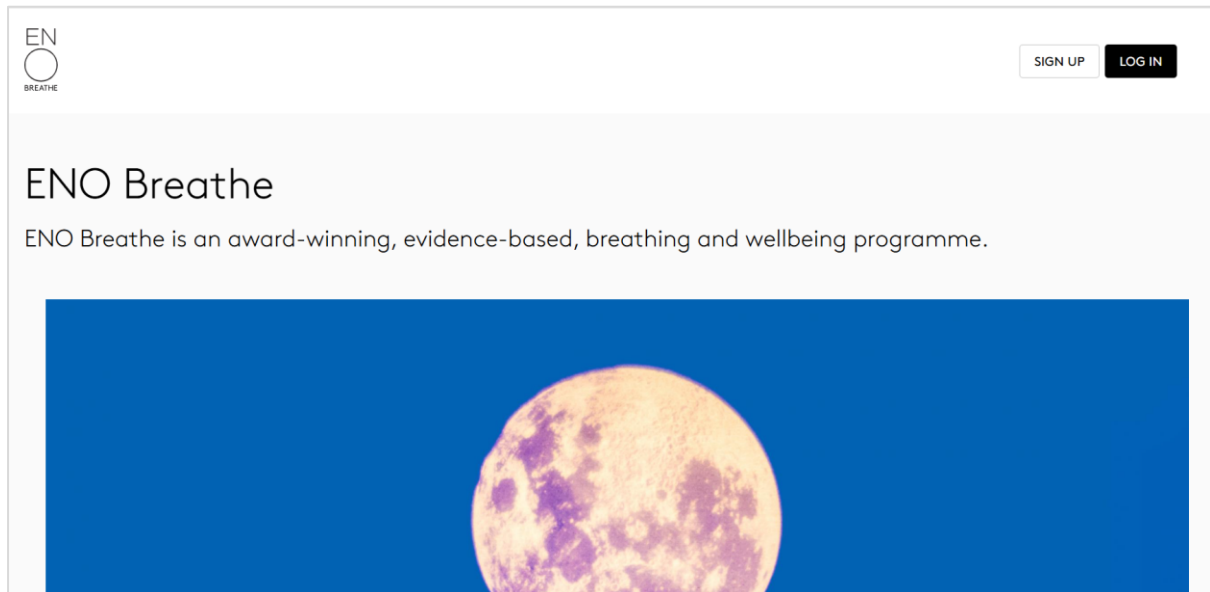
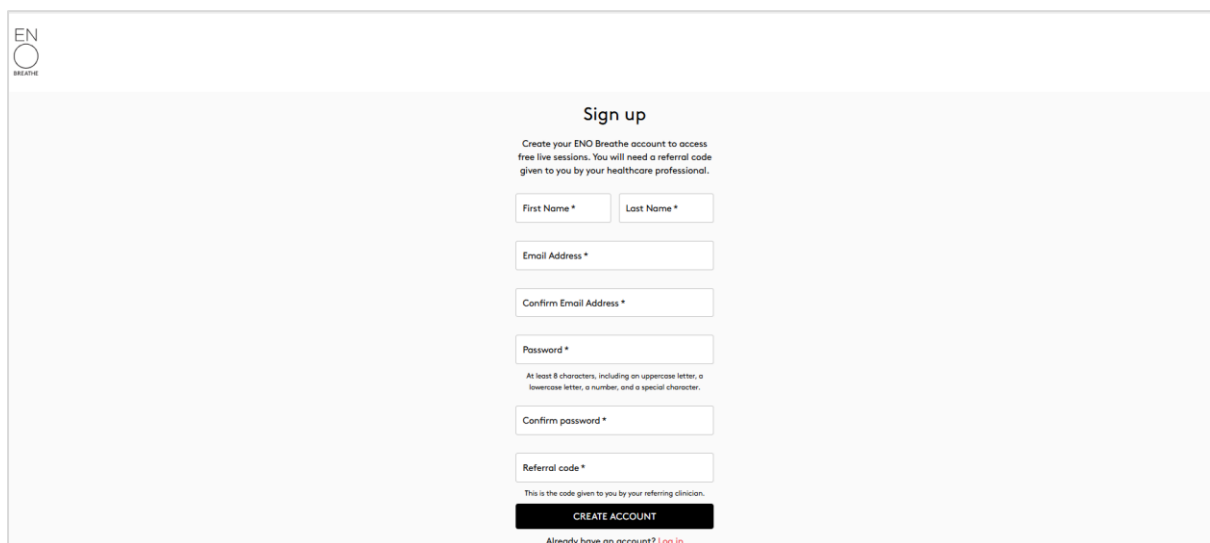


Step 1 - Access the ENO Breathe sign-up page

Go to: <https://www.eno.org/breathe/sign-up-for-eno-breathe/>, at the top of the page click sign up. You will be taken to the ENO Breathe sign up screen.



Step 2 - Create your account

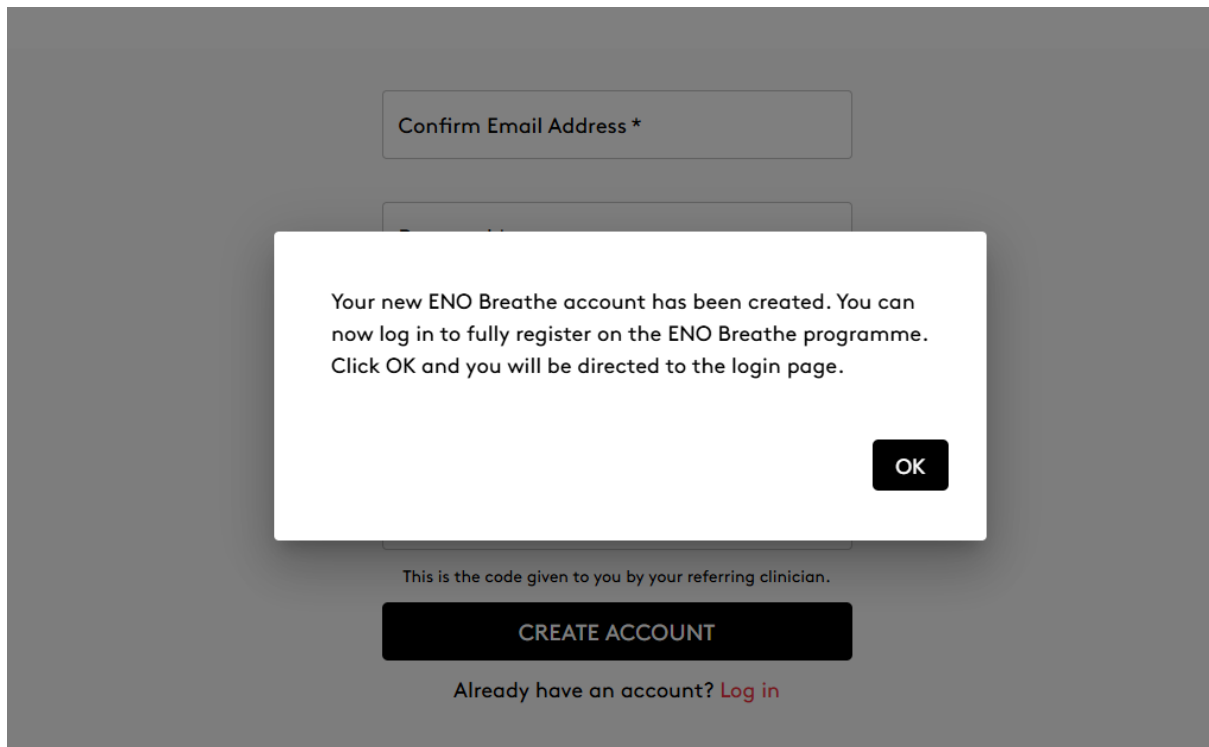


Enter your:

- first and last name
- email address
- password
- unique referral code (10-digit code provided by your clinic)

Click **CREATE ACCOUNT** to continue.

If your referral code is valid, your account will be created, and you will be automatically redirected to the next step.



Step 3 - Sign in

A screenshot of the ENO Breathe login screen. The header shows the ENO BREATHE logo. The main heading is 'Welcome back!' followed by 'Log in to access your course'. There are two input fields: 'Email Address*' with the value 'demo@eno.org' and 'Password*' with masked characters. A 'LOG IN' button is below the fields. At the bottom, there are links: 'First time here? Create an account' and 'Forgotten your password? Reset here'.

After creating your account, you will be taken to the login screen.

Enter:

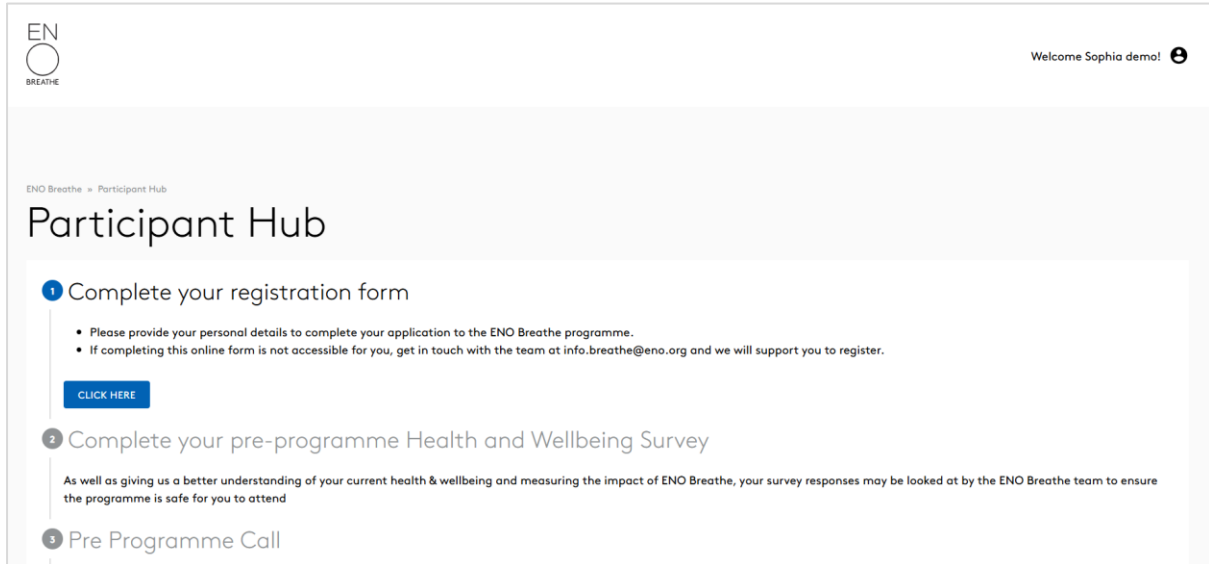
- Your email address
- The password you just created

Click **LOG IN**

If you forget your password, you can use reset password on this page.

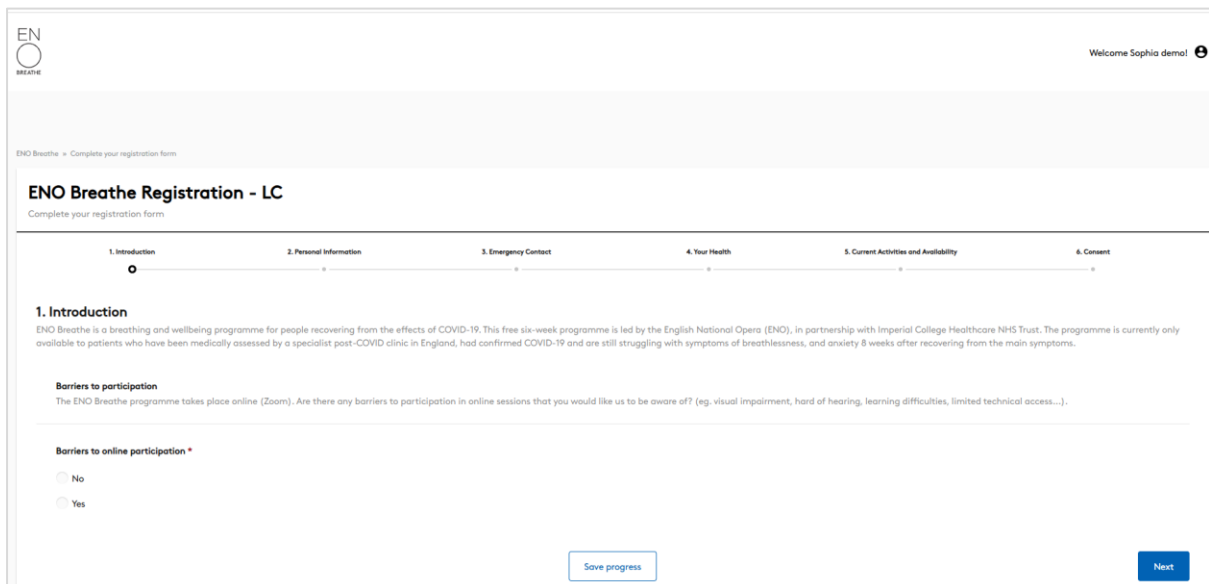
Step 4 - Complete your ENO Breathe registration form

Once signed in, you will be taken to your ENO Breathe dashboard. Press '**CLICK HERE**' button to complete your registration form.



The screenshot shows the ENO Breathe Participant Hub dashboard. At the top left is the ENO Breathe logo. At the top right, it says "Welcome Sophia demo!" with a user icon. Below the header, the breadcrumb "ENO Breathe » Participant Hub" is visible. The main heading is "Participant Hub". There are three numbered steps: 1. Complete your registration form, 2. Complete your pre-programme Health and Wellbeing Survey, and 3. Pre Programme Call. Step 1 is highlighted with a blue circle and includes a "CLICK HERE" button. Below step 1, there is a list of instructions: "Please provide your personal details to complete your application to the ENO Breathe programme." and "If completing this online form is not accessible for you, get in touch with the team at info.breathe@eno.org and we will support you to register."

The ENO Breathe Registration Form will open. Please complete all required fields. Fields marked (optional) can be left blank.

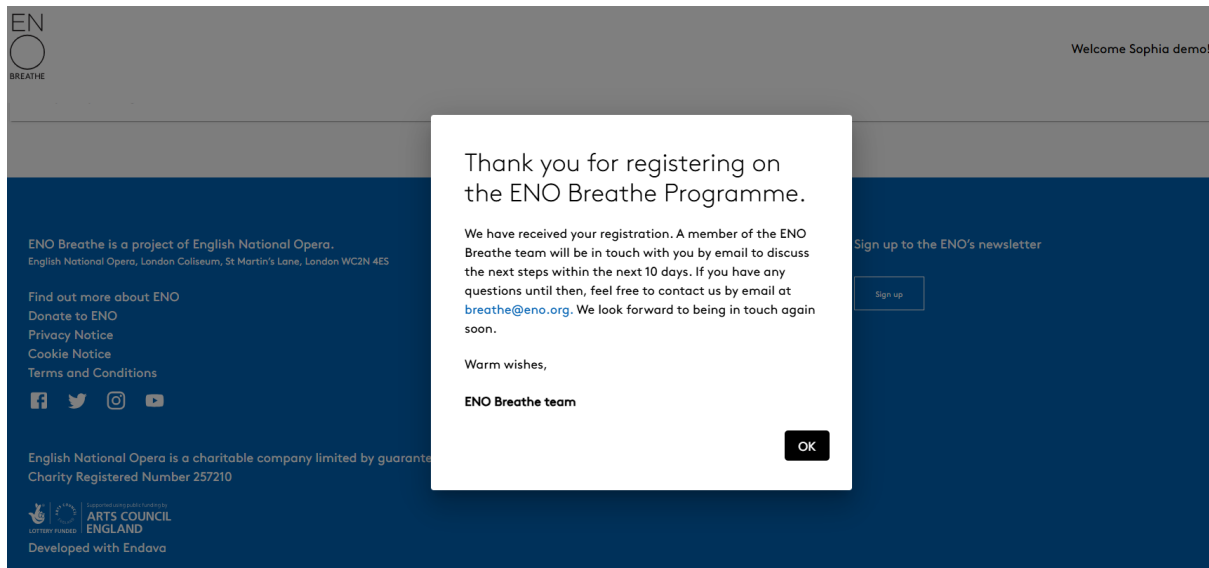


The screenshot shows the ENO Breathe Registration - LC form. At the top left is the ENO Breathe logo. At the top right, it says "Welcome Sophia demo!" with a user icon. Below the header, the breadcrumb "ENO Breathe » Complete your registration form" is visible. The main heading is "ENO Breathe Registration - LC". Below the heading, it says "Complete your registration form". There is a progress bar with six steps: 1. Introduction, 2. Personal Information, 3. Emergency Contact, 4. Your Health, 5. Current Activities and Availability, and 6. Consent. Step 1 is highlighted with a blue circle. Below the progress bar, the section "1. Introduction" is visible. It contains a paragraph about the ENO Breathe programme. Below the paragraph, there is a section "Barriers to participation" with a sub-section "Barriers to online participation *". There are two radio buttons: "No" and "Yes". At the bottom right, there are two buttons: "Save progress" and "Next".

Important: If your browser autofills information, some fields may not register correctly. If any required fields remain highlighted, type the information manually.

Select your consent preference at the end of the form, then click **SUBMIT**.

Once the form is submitted, you will see the following message:



Click **OK**. You have now completed your registration on the programme.

A member of the ENO Breathe team will then be in touch to invite you to a group.

If you have any questions, then please contact us at info.breathe@eno.org