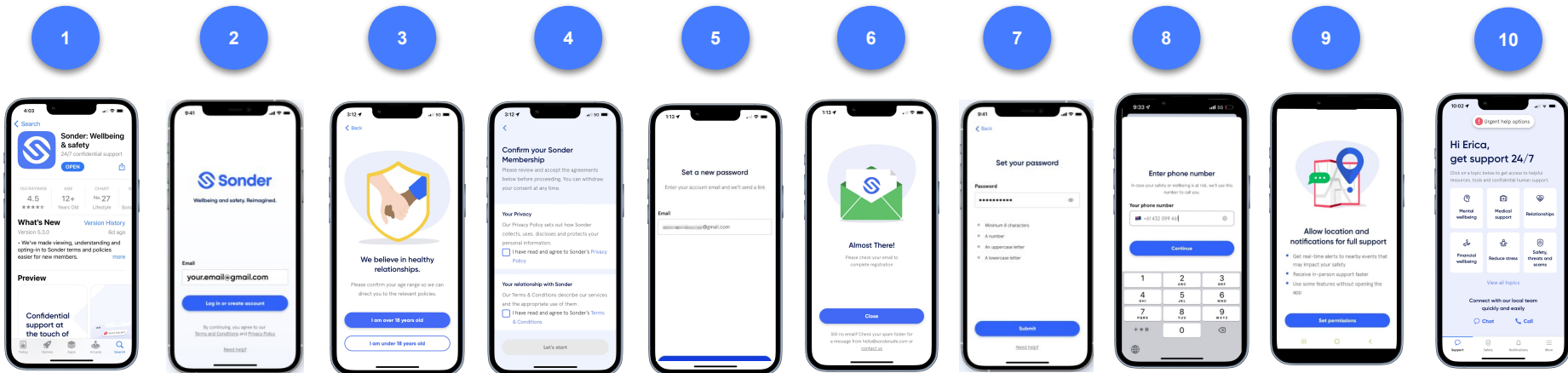# How to access Sonder - Email & password

1 — Scan the QR Code to download the app from the App Store or Google Play

2 — Enter your college email address

3 — Confirm your age

4 — Accept the privacy and terms
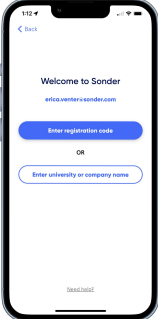
5 — Re-enter your email address

6 — Check your inbox for an email from Sonder as part of our authentication processes

7 — Open the email to set a strong and memorable password

8 — Enter your phone number and verify by entering the confirmation code sent via SMS

9 — Set permissions for notifications and location settings.

10 — You're now ready to access and use the Sonder app

If, after entering your email, you see the registration code, university or company name screen, either:
- you have not entered the correct email, or
- your college has not provided Sonder with your company email

Go back to step 2 and enter your company email, or contact your student wellbeing team to submit your data to Sonder

Sonder

For registration or login support, email **hello@sonder.io**