

Getting Started Guide

Thank you for your interest in ResilientFirst. With all of the different operating systems, web browsers, and phone interfaces some people experience technical challenges getting registered and started with the system. We apologize if that happens to you. We've provided these directions to make the process easy for you. If you have any issues or questions, contact Kevin at khammond@firstwatch.net.

Confidentiality

Confidentiality is an important component of ResilientFirst. When you sign up, take the 16-question assessment (PR6), and utilize the training, your data is completely confidential. You will get the most out of the ResilientFirst training by answering the 16 questions as genuinely as possible. This assessment will be used by the ResilientFirst software to direct your daily training.

Steps Outlined

1. Signup on your phone or computer
2. Install the app
3. Login to the app
4. 16 Question Assessment
5. Daily Micro-tasks

1. Signup on your phone or computer

To get started today, click on the link below.

<http://hellodriven.com/signup/rfirst20>

This should take about 1-2 minutes to get signed up.

This is what you should see on your browser on your phone or computer.

On the first screen, you will enter **first name**, **last name**, **email**, and password of your choice. (Enter the email address where you would like to receive your assessment results and remember to write down your password.) Check that you have read and agree with terms and conditions and click **“Next.”**

On the next screen, in the dropdown menus, choose your **“Country”** and **“Industry.”** Click **“Next.”**

On the next screen, the **“Redeem Code”** will already be populated with **“RFIRST20.”** Enter credit card information. (It will be a one-time charge of \$14⁹⁹ for 90-days.) Click **“Confirm”** if the button is green and shows **“Applied.”**

NOTE: (If the green button is white and shows **“Apply”**, click **“Apply”** before clicking **“Confirm.”**)

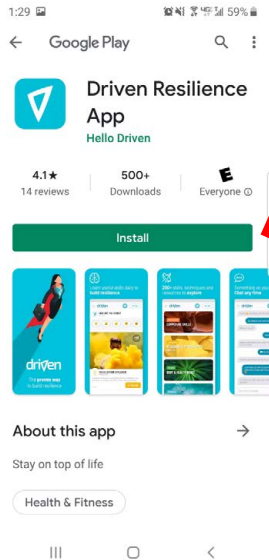
The next screen will show **“Payment success!”** This screen might take a few seconds.

2. Install the app on your phone

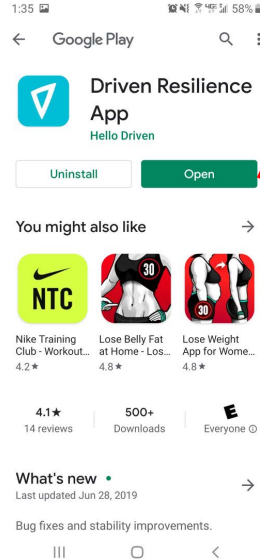
Go directly to your app store on your phone, “**App Store**” for iPhone or “**Google Play**” for Android. (You can also find these links in the bottom of your confirmation email from us.)



Search for “**Driven Resilience App**”, click “**Install.**”

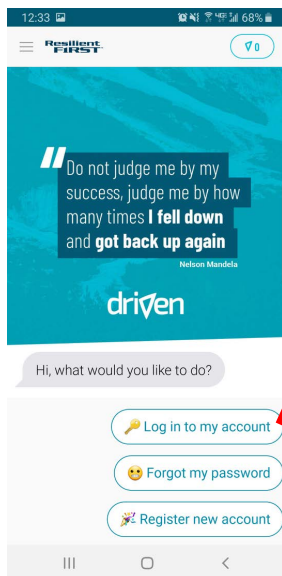


Once installed, click “**Open.**”

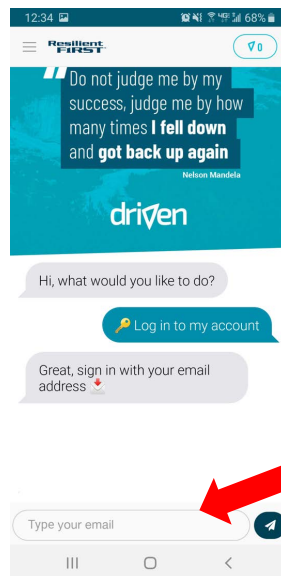


3. Login to the app

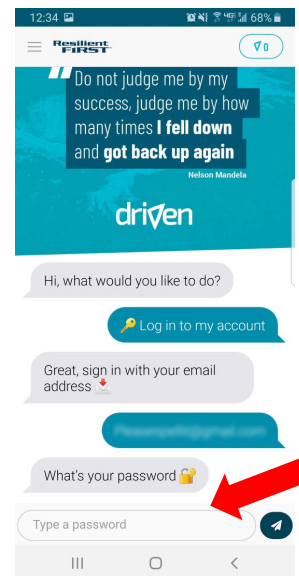
When you get to the opened app, click on “**Log in to my account.**”



Enter your **email** that you just registered with. Click the Send button (paper airplane).



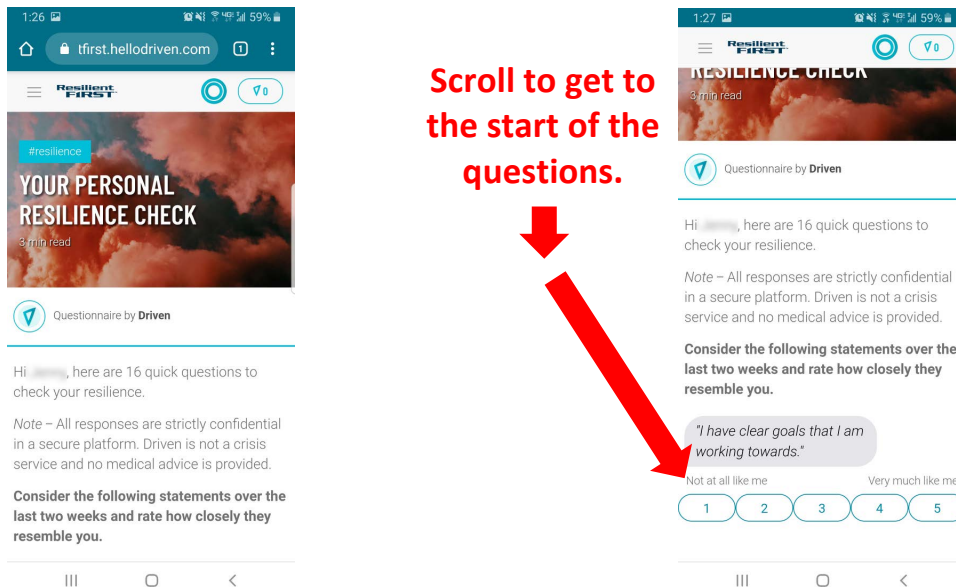
Enter your password. Click the Send button.



4. 16 Question Assessment

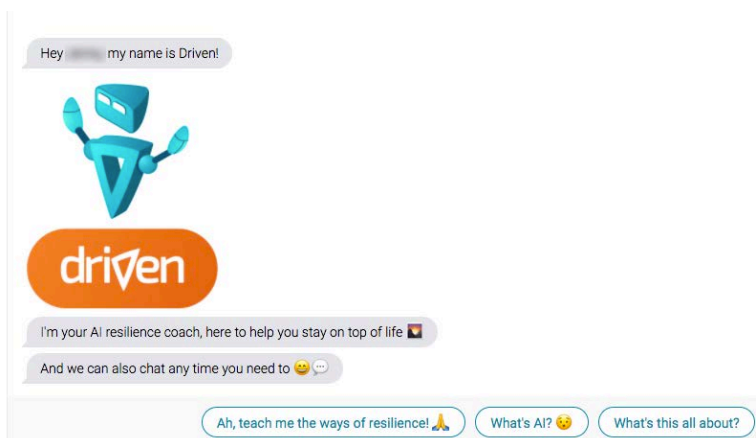
Once you are logged into ResilientFirst on the app on your phone you will see the PR6 assessment. You can begin your assessment here. **This should take about 2-5 minutes.**

NOTE: You will get the most out of the ResilientFirst training by answering as genuinely as possible. This assessment is confidential and will be used by the ResilientFirst software to direct your daily training.



5. Daily Micro-tasks

Once you have finished the 16 questions in the PR6, that's it, you're ready to build your resilience! This chat will pop up, and this is also what it shows when you click the "Chat" menu.



Here are the other menus...

Resilient FIRST

Account

Log Out

Terms & Conditions

Privacy

Driven Daily

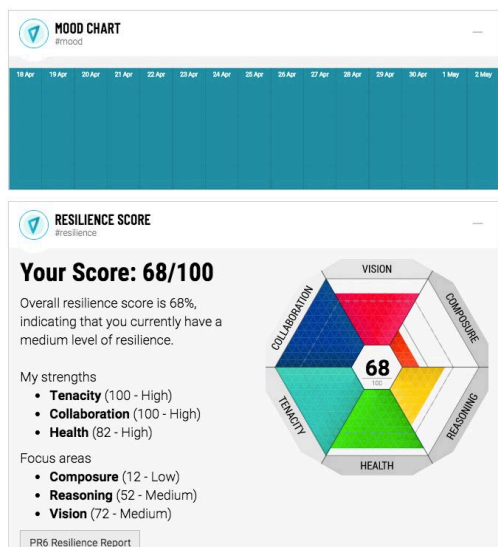
Chat

Explore

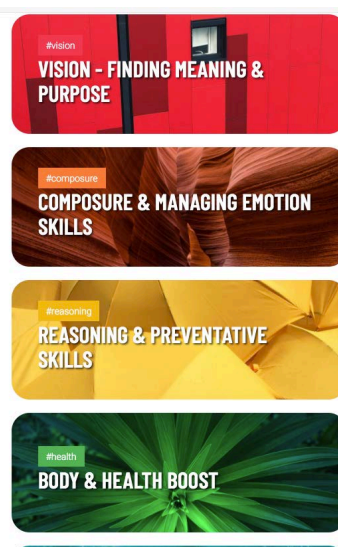
My Stats

Helplines

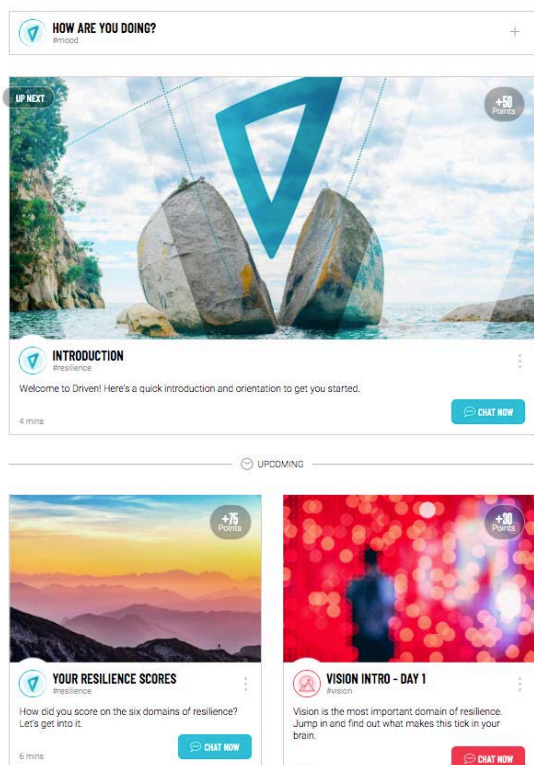
You can go to “My Stats” to see your PR6 score.



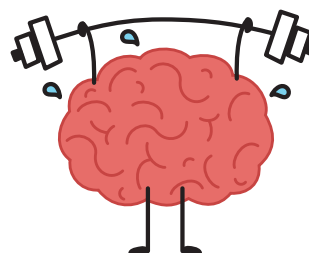
You can go to “Explore” for more areas to work on.



You can go to “Driven Daily” to choose different chat topics.



It just takes 3-5 minutes a day, or you can spend as much time as you would like to in the app. It's like taking your brain to the gym.



Please contact Kevin Hammond khammond@firstwatch.net if you need further instructions or help with any of these items.