

## Rethink Behavioral Health New User Instructions: Web Browser & Mobile App

1. The first time you sign into the <https://www.rethinkbehavioralhealth.com/>, you will need to update your password. Please do so as follows:

- Navigate to <https://www.rethinkbehavioralhealth.com/>
- Select Log In (upper right side of the webpage)
- Enter your uncommon thread email address as your username.
- Select “forgot password” to create your new password.

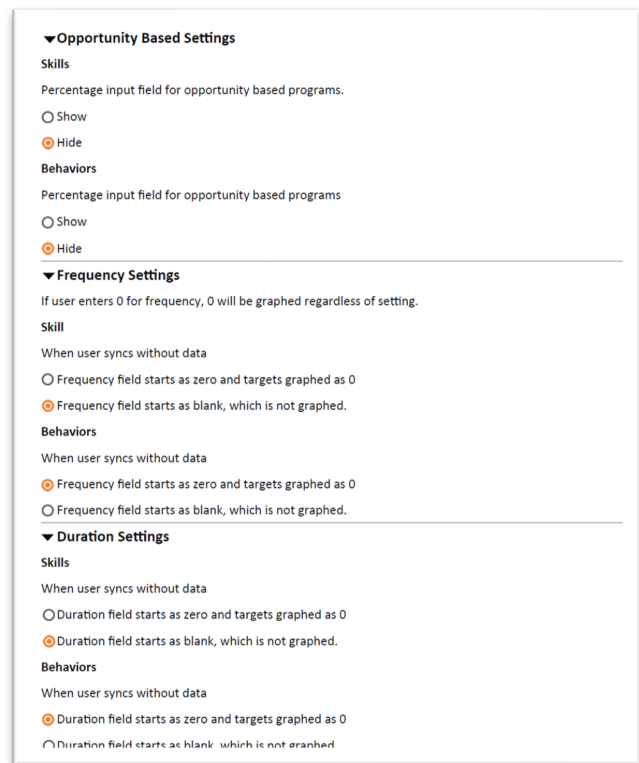
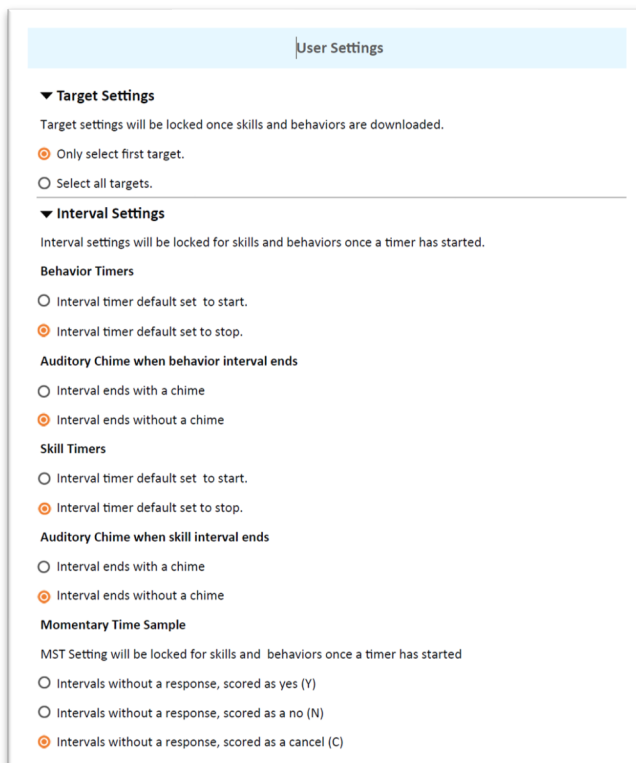
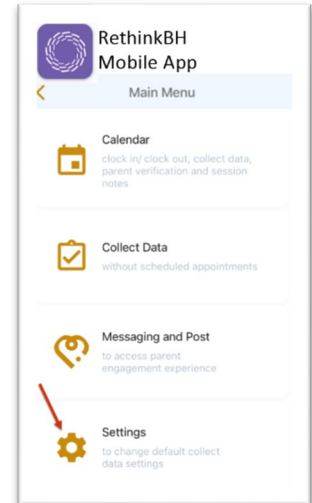
**NOTE: If an email (from Rethink) with instructions to reset your password is not received in your inbox or junk/spam folders, contact employee support - [Jennifer Pombo](#) immediately.**

2. Once you have successfully logged into the new RethinkBH platform on the web, you can download the RethinkBH App to your mobile device. Your username and password will be the same for both the website and mobile app.

- From an iPhone/iPad: Download the RethinkBH app from the App Store.
- From an Android phone/tablet: Download the RethinkBH app from the Google Play Store

3. Once the app has been downloaded to your mobile device, you need to login and adjust your settings by clicking on the gear icon on the Main Menu.

4. Adjust Mobile app settings as follows:



5. **Congratulations!!** You’ve successfully logged into the RethinkBH Website & Mobile App, and successfully adjusted your Mobile app settings. Once we go LIVE of March 27, you are ready to go!!

If you have any issues, please contact your Case Manager!