

# HQ Initial Login Instructions

1. Navigate to [hq.quility.com](https://hq.quility.com).
2. Click "Reset your password."



Sign in to the **Dashboard**

Email

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Password

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**SIGN IN**

[Reset your password](#)

3. Enter your email address that is connected to Opt! and then click "Password Reset."



Sign in to the **Dashboard**

Email

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**PASSWORD RESET**

Sign in



- You will receive a confirmation message that you have been sent an email to complete the reset.



Sign in to the **Dashboard**

We've just sent you an email to reset your password.

- Find the email from hello@quility.com with the subject line "Password Change to Quility Dashboard." Within the email, click on "Confirm password change."

NOTE: You may need to check your spam/junk folder if you do not see the email in your inbox.

Password Change to QuilityDashboard



quility@sfglife.com  
To Logan Long

Reply Reply All Forward ...

Tue 11/24/2020 2:31 PM



## Password Change Request

You have submitted a password change request.

[Confirm password change](#)

If you did not make this request, please disregard this email and make sure you can still login to your account.

Thanks!  
**QuilityDashboard**



6. A new window will pop up in your web browser. Enter your new password twice and click the green arrow.

QQUILITY

Change Password

Enter a new password for  
llong@sfglife.com

your new password

confirm your new password

>

7. You will receive a confirmation message that your password was changed and be redirected to the login screen.
8. Enter your email address and new password and click "Sign in."

QQUILITY

Sign in to the **Dashboard**

Email  
llong@sfglife.com

Password  
.....

**SIGN IN**

[Reset your password](#)