

How to Redeem Your Complimentary Subscription Code

To claim your complimentary subscription you'll redeem the gift code (HEALTHCARE) [on our website](#). Then log into the mobile app on your Apple or Android device using the same Ten Percent Happier account and all the subscription contents of the app will be unlocked.

Redeem Your Code

Tap or click <https://redeem.tenpercent.com/> to get to the redemption page on our website.

If you don't yet have a Ten Percent Happier app account:

Create an account using one of these methods:

- Use an email and password that you'll use to log into the mobile app
- Tap [Sign up with Apple](#)
- Tap Sign up with Facebook

Make a note of the way you registered your account - you'll need it when you sign into the app on your Apple or Android device.

If you already have an account for the Ten Percent Happier app:

Tap on the words [Sign In](#) at the bottom of the box where it says "Already have an account? [Sign In](#)." Sign into the redemption page using the same method you used to create your account:

- Use the email and password you used to register your account
- Tap [Sign in with Apple](#)
- Tap Sign in with Facebook

If you need to reset your password in order to login, you can use [this link](#).

Once You're Signed Into Your Account:

- **Enter your Gift Code: HEALTHCARE (capital letters count)**
- Tap or click Redeem.

Use the App

You'll use the app on your cell phone or tablet. Download the [iPhone App](#) or [Android App](#), if you haven't already, and log in using the same method you used to claim your code on the website. Check out our Help Center articles [Sign into Ten Percent Happier with an Existing Account](#) and [Using Sign in with Apple to Sign into your Ten Percent Happier Account](#) to be sure you get signed into your correct Ten Percent Happier account. The content in the Ten Percent Happier app isn't available on a desktop computer.

Here are a few resources that you might find helpful:

- Our central [Coronavirus Sanity Guide](#) webpage highlighting various entirely free resources we are putting together to help you find some calm in this extremely difficult and stressful time.
- Our [Meditation FAQ](#) page for common questions about meditation.
- Our online [Help Center](#) for common technical support questions.

- This mailbox is not closely monitored so if you need any additional assistance regarding your Ten Percent Happier account please email us at support@tenpercent.com.