

### **How to Become a Self-care League Member**

1. Select Member Log in on the top right corner of the website
2. Once Selected, you will have the choice to sign up with Facebook, Google, or with another email
3. Once an option has been selected, the site will redirect you to the membership page where you will have the choice to become a Self-care League Instructor or Self-care League Member at a great cost monthly or yearly.
4. Once you've chosen monthly or year rate the site will redirect you to checkout in which you will pay with PayPal
5. After selecting "buy now," you're officially a Self-care League Member
6. Welcome!

### **How to Use Your Members' Access**

1. The access to the Self-care Institute documents is through AudioVideoWeb.
2. Although the access is called "PayPerView" many things are FREE for members.
3. When purchasing or taking advantage of free downloads from audiovideoweb through PayPerView, you must either login if you already have an account, if not, there is a button that says "click here" that will show you a new users pop up.
4. It will ask you to make a username, a password, confirm password, and enter a valid email address
5. Once everything is entered hit submit
6. You will be redirected to your shopping cart
7. If the download is free select "content."
8. If the download has a cost select "purchase." it will then ask you to input your PayPal information in order to complete your purchase.
9. SAVE your username and password for the PayPerView access as well as your Self-care League log in and username!
10. Welcome to the Self-care League!