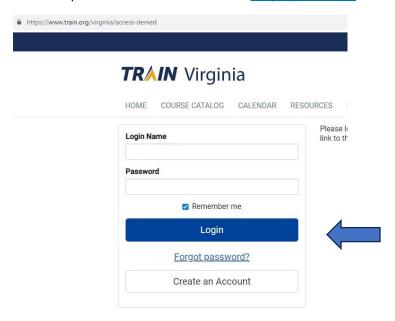
If you have not accessed TRAIN in the past six months OR if you have never accessed your TRAIN Account since you joined the SWVA MRC, you will need to do the following steps to complete the Cybersecurity/HIPAA Training for MRC.

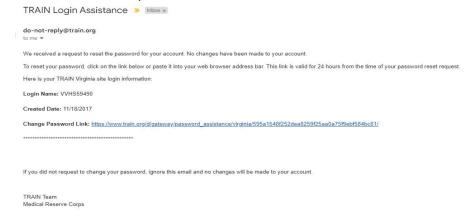
1. Open TRAIN website and select Forgot password?



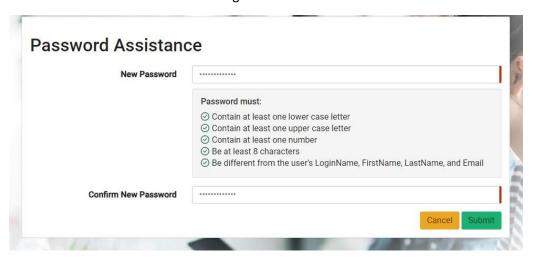
2. Enter the password that you included in your Virginia Volunteer Health System profile and Select "Recover Password"



3. Await email to reset password.



4. Follow instructions for establishing Password



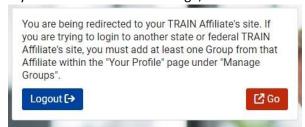
5. Return to Login, Enter User Name and NEW Password



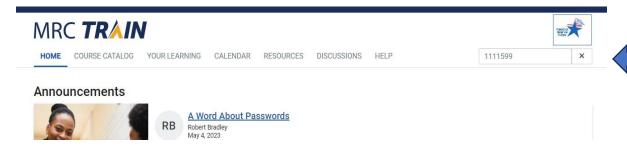
6. If Logging Into TRAIN for the FIRST Time, you must scroll to the bottom of this page and check that you accept these terms (attorneys )



7. If you then receive this message, select the RED Go button



8. At the top of the page, enter the course #1111599 and hit the enter key.



9. Select the course VDH: Cybersecurity and HIPAA Training for MRC Volunteers and you are in the course! Good luck!

