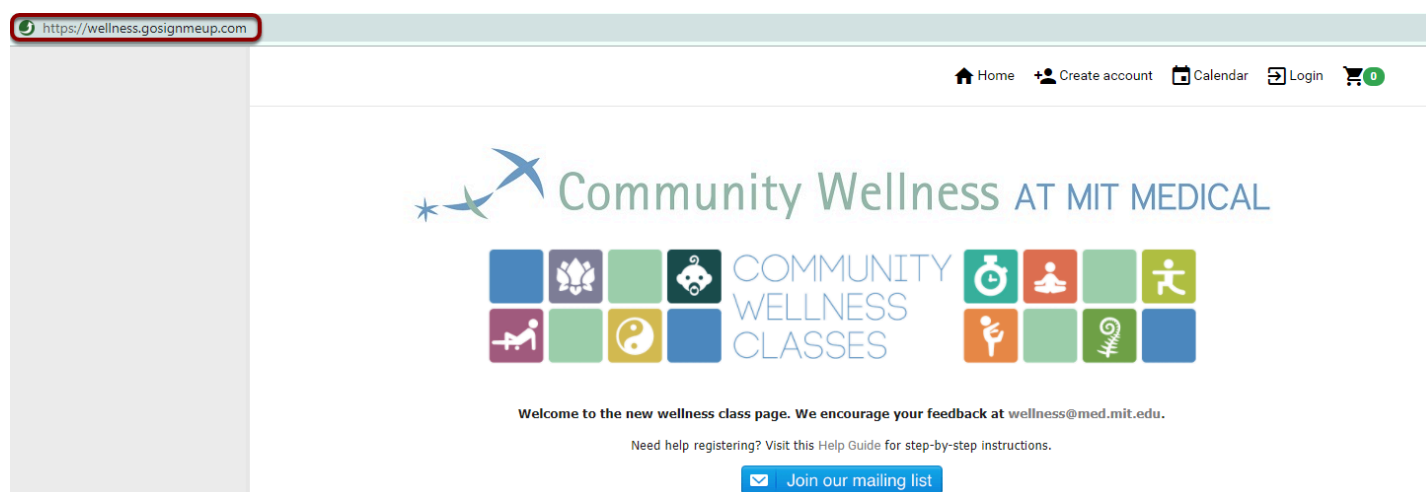


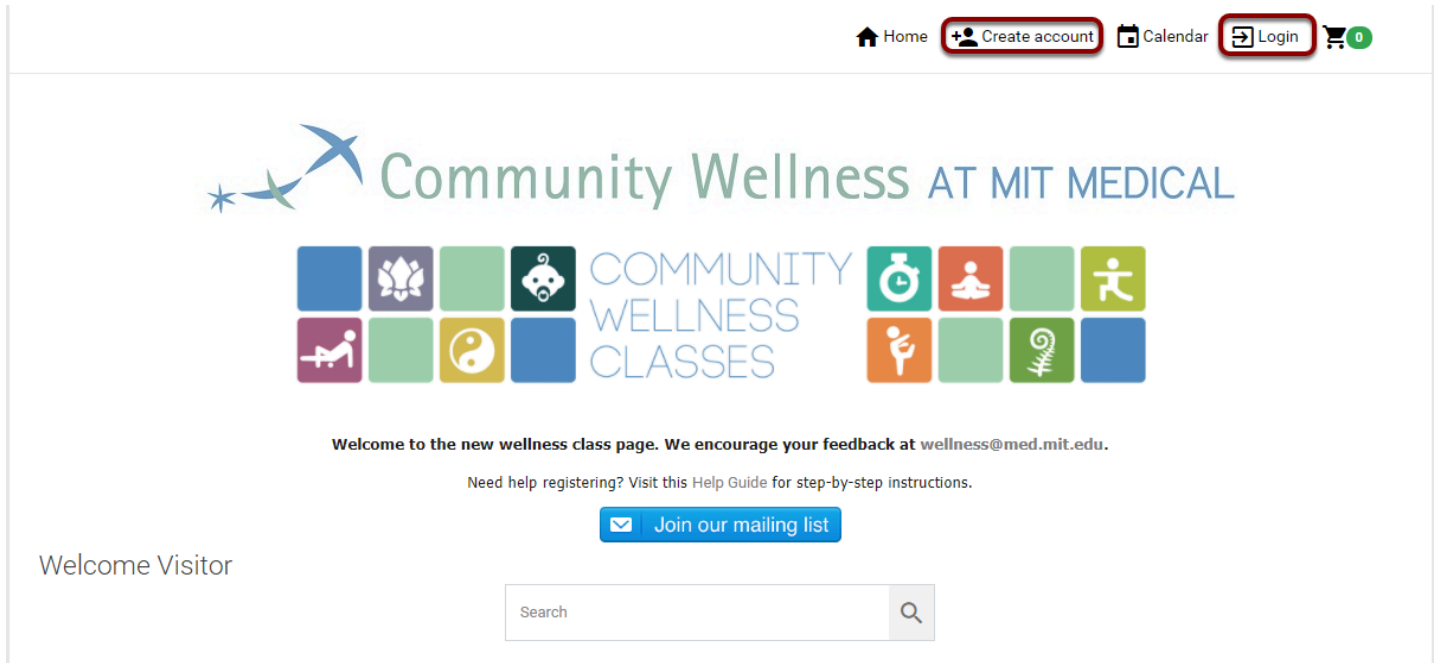
How Do I Register for a Community Wellness Course

This lesson will show you how to use our registration software.

**1) Make sure you are on our registration site at:
<https://wellness.gosignmeup.com/>**



2) The first thing you will want to do is create an account. Or login using your Username and Password if you already have one.



3A) To create an account, please fill in all required information.

Participant Information	Would you like to sign up to receive our Newsletter?
<p>Affiliation* <input type="text"/></p> <p>E-mail Address* <input type="text" value="Enter a valid e-mail"/></p> <p>Confirm E-mail Address* <input type="text" value="Retype E-mail Address"/></p> <p>Age Range <input type="text" value="Select age range"/></p> <p>Gender <input type="text"/></p> <p>First Name* <input type="text"/></p> <p>Last Name* <input type="text"/></p> <p>Phone* <input type="text"/></p> <p>Street 1* <input type="text"/></p> <p>Street 2 <input type="text"/></p> <p>City* <input type="text"/></p> <p>State* <input type="text"/></p> <p>Zip* <input type="text"/></p> <p>Username* <small>(Your email address will be your username)</small></p> <p>Password* <input type="text" value="Enter a complex password"/></p> <p>Confirm Password* <input type="text" value="Retype Password"/></p>	<p>Response* <input type="text"/></p>

3B) You must agree to our Registration Policy. Click on "Agree and Create Account" to proceed.

I acknowledge the following liability waiver

I agree*

☐ Yes

Registration Policy

CANCELLATION & REFUND POLICY

Participants are only eligible to attend classes in which they are confirmed enrolled. Classes will not be prorated. Refunds will be issued for classes missed due to any unexpected closing of MIT or instructor cancellation only. No make-up classes will be offered. Participants can cancel class registration within the first week of class and receive a partial refund. Classes will not be held on MIT recognized holidays. Pricing is reflected. Please contact wellness@med.mit.edu to inquire about your eligibility for a refund at the time you cancel your registration.

INCLUDING OUR LIABILITY WAIVER

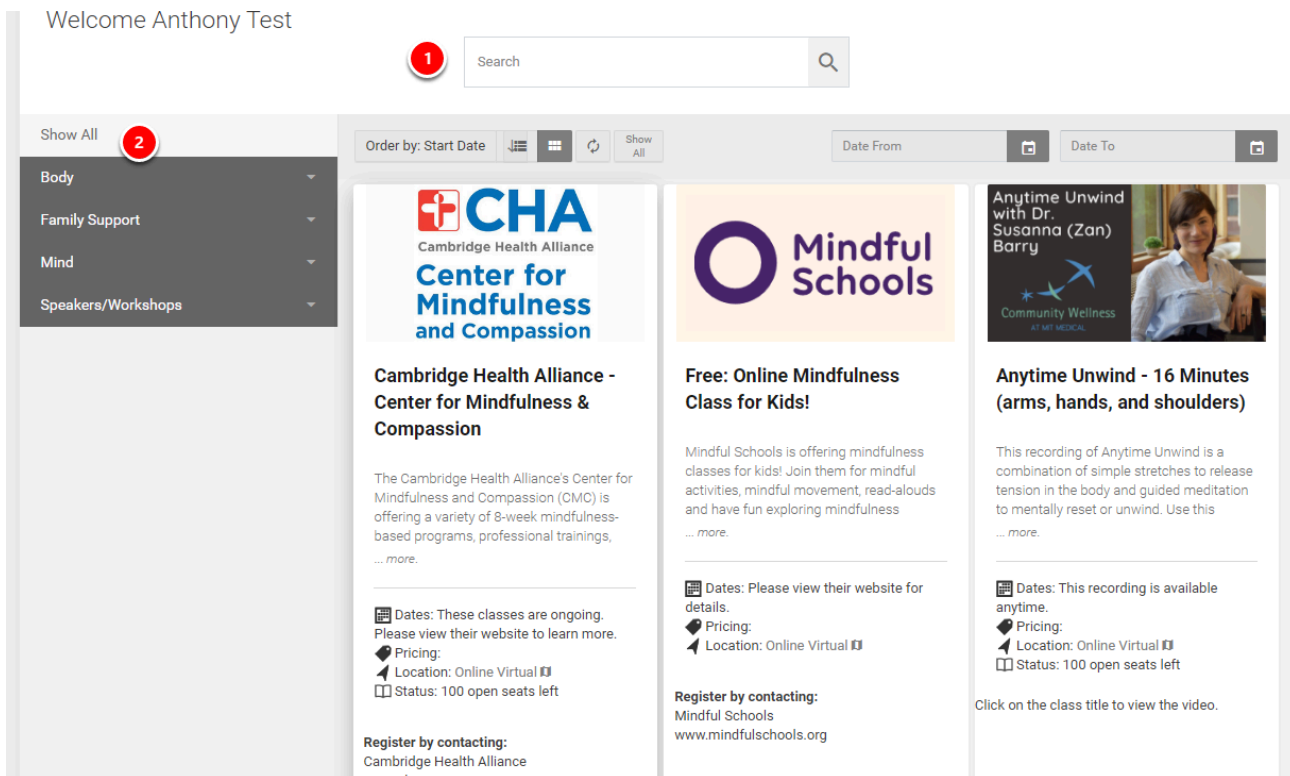
I fully recognize that there are dangers and risks to which I may be exposed by participating in wellness classes offered by Community Wellness at MIT Medical. I understand that MIT does not require me to participate in this activity, but I want to do so, despite the possible dangers and risks and despite this release. I therefore agree to assume and take on myself all of the risks and responsibilities in any way associated with this activity. In consideration of and return for the services, facilities, and other assistance provided to me by MIT in this activity, I release MIT (and its governing board, employees, and agents) from any and all liability, claims and actions that may rise from injury or harm to me, from my death or from damage to my property in connection with this activity. I recognize that this release means I am giving up, among other things, rights to sue the Institution, its governing board, employees, and agents for injuries, damages, or losses I may incur. I also understand that this release binds my heirs, executors, administrators, and assigns, as well as myself. I have read this entire release, I fully understand it and agree to be legally bound by it. I also affirm that I have adequate medical or health insurance to cover any medical assistance I may require. This is a release of your rights. Please read carefully. Your registration is not complete until you have read the above, checked the box above, and clicked "Register."

Do you agree to the terms and conditions of our Registration Policy?*

Agree and Create account

Cancel

4) On the home page, you can search for courses in different ways.




The screenshot shows the GoSignMeUp home page. At the top, it says "Welcome Anthony Test". Below this is a search bar with a magnifying glass icon. To the left of the search bar is a red circle with the number "1". Below the search bar is a "Show All" button with a red circle and the number "2". To the left of the "Show All" button is a sidebar with a list of categories: "Body", "Family Support", "Mind", and "Speakers/Workshops". The main content area displays three course cards. The first card is for the "Cambridge Health Alliance - Center for Mindfulness & Compassion". The second card is for "Mindful Schools" and is titled "Free: Online Mindfulness Class for Kids!". The third card is for "Anytime Unwind with Dr. Susanna (Zan) Barry" and is titled "Anytime Unwind - 16 Minutes (arms, hands, and shoulders)". Each card includes a description, a "Dates" field, a "Pricing" field, a "Location" field, and a "Status" field. The "Cambridge Health Alliance" card also includes a "Register by contacting" field.




1) You can search for specific courses using the search bar.



2) You can search for courses by searching through the categories/locations on the left hand side.

5) Once you find the course you are looking for, you can add it straight to your cart by clicking on "Add to cart". Or See more information by clicking on the Course Name.




Welcome Anthony Test


Search 

Order by: Default    Show All

Date From  Date To 

Show All


Body 
Family Support 
Mind 





essentrics

Essentrics Stretch and Tone

Inspired by ballet, yoga, tai chi and physiotherapy, Essentrics is a unique exercise program that honors the body's natural design. It is an intelligent movement ... more.

Starts: 1/4/2021 12:00 PM
Sessions: 3
Pricing:
\$24.00 Employee/Spouse/Affiliate
\$24.00 Student/Spouse/Postdoc
\$24.00 MIT Traditional Health Plan/Retiree
Location: Online Virtual 
Status: 15 open seats left


 Add to cart





essentrics

Essentrics Stretch and Tone

Inspired by ballet, yoga, tai chi and physiotherapy, Essentrics is a unique exercise program that honors the body's natural design. It is an intelligent movement ... more.

Starts: 1/6/2021 12:00 PM
Sessions: 4
Pricing:
\$32.00 Employee/Spouse/Affiliate
\$32.00 Student/Spouse/Postdoc
\$32.00 MIT Traditional Health Plan/Retiree
Location: Online Virtual 
Status: 12 open seats left


 Add to cart




qigong

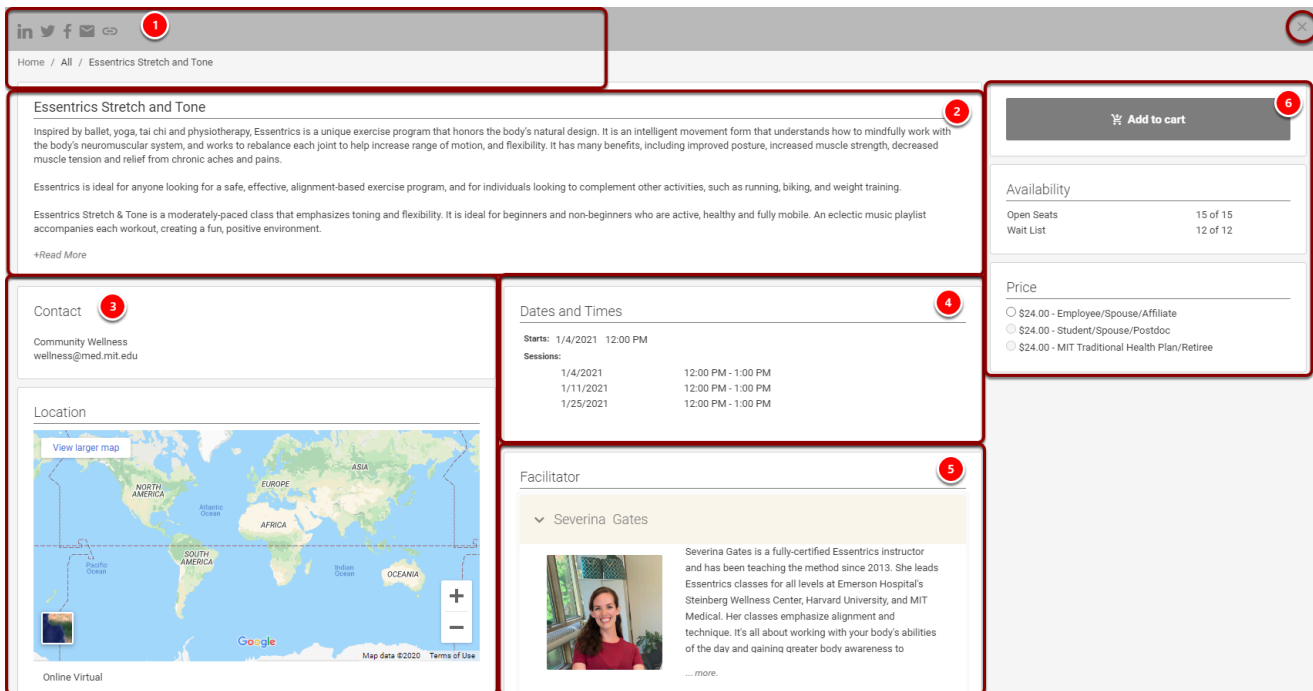
Qigong

Yang Sheng "Life Nourishing" Qigong is an extremely powerful tool for bringing out ones natural human potential and optimal fitness. Physical health and mental well ... more.

Starts: 1/4/2021 7:00 PM
Sessions: 3
Pricing:
\$24.00 Employee/Spouse/Affiliate
\$24.00 Student/Spouse/Postdoc
\$24.00 MIT Traditional Health Plan/Retiree
Location: Online Virtual 
Status: 20 open seats left

 Add to cart

6) Here is the courses information page. You can see more information about the course here.



The screenshot shows the course information page for "Essentrics Stretch and Tone". The page is divided into several sections, each highlighted with a red box and a numbered callout:

- 1** Top navigation bar: Includes social media links (LinkedIn, Twitter, Facebook, Email) and a breadcrumb trail: Home / All / Essentrics Stretch and Tone.
- 2** Course description: Titled "Essentrics Stretch and Tone", it describes the program as a unique exercise program inspired by ballet, yoga, tai chi, and physiotherapy. It mentions that the program is ideal for anyone looking for a safe, effective, alignment-based exercise program.
- 3** Contact and Location: The contact section lists "Community Wellness" with the email "wellness@med.mit.edu". The location section includes a map of the world with a "View larger map" link.
- 4** Dates and Times: This section shows the start date as "1/4/2021 12:00 PM" and lists sessions for "1/4/2021", "1/11/2021", and "1/25/2021", each with a time slot of "12:00 PM - 1:00 PM".
- 5** Facilitator: This section introduces "Severina Gates" as a fully-certified Essentrics instructor who has been teaching the method since 2013. It includes a photo of Severina Gates and a brief bio.
- 6** Add to cart: This section includes an "Add to cart" button, an "Availability" table showing "Open Seats" (15 of 15) and "Wait List" (12 of 12), and a "Price" section with three options: "\$24.00 - Employee/Spouse/Affiliate", "\$24.00 - Student/Spouse/Postdoc", and "\$24.00 - MIT Traditional Health Plan/Retiree".

1) The top area shows some social media links where you can share this course with others. It also has the path you took to get here in case you want to go back. You can see the Course Number and the name of the course.

2) This area shows a description of the course


3) This area shows the contact, location and any visual icon for the course if any.

4) Dates and Times shows additional information including when the course starts and the sessions of the course or whether this is an online course.

5) Instructors shows the instructors that will be instructing the course, including a bio if they have one.

6) This area is where you can add the course to your cart by clicking "Add to Cart". This area does show the course cost as well.

7) You can continue adding courses to your cart, or click on the cart to see what is in there.

Browse Courses Home Calendar  User

Browse courses below. For step-by-step registration instructions, [CLICK HERE](#)

Subscribe to Community Wellness's free email newsletter to receive updates about new classes, programs, and other offerings.

[Join our mailing list](#)


Welcome Anthony Test

Search

Show All

- Body
- Family Support
- Mind

Order by: Default
Date From
Date To



essentrics

Essentrics Stretch and Tone

Inspired by ballet, yoga, tai chi and physiotherapy, Essentrics is a unique exercise program that honors the body's natural design. It is an intelligent movement ... more.

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Sessions: 3
Pricing:
\$24.00 Employee/Spouse/Affiliate
\$24.00 Student/Spouse/Postdoc
\$24.00 MIT Traditional Health Plan/Retiree
Location: Online Virtual
Status: 15 open seats left

[Checkout](#)



essentrics

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Pricing:
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\$32.00 Student/Spouse/Postdoc
\$32.00 MIT Traditional Health Plan/Retiree
Location: Online Virtual
Status: 12 open seats left

[Add to cart](#)


qigong

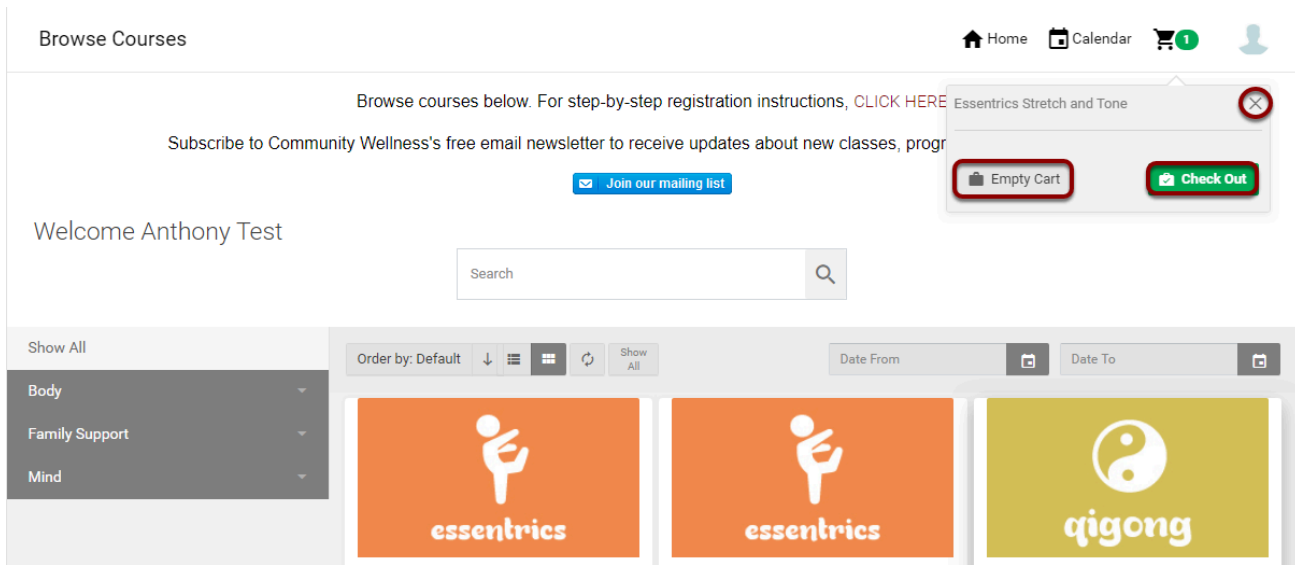
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Pricing:
\$24.00 Employee/Spouse/Affiliate
\$24.00 Student/Spouse/Postdoc
\$24.00 MIT Traditional Health Plan/Retiree
Location: Online Virtual
Status: 20 open seats left

[Add to cart](#)

8) After clicking on your cart you can see what is inside of it and the total price. You can also delete the items by clicking the "X" or "Empty Cart". To continue click on "Checkout".



9) When you continue you will be taken to the Checkout section. In the Review area you can review all the items. Make sure it is all correct and click on "Proceed to Next Step".

Check Out

Log in/ Create Account

Review

Payments

Processing

Receipt & Confirmation

Course Name	Date(s)	Time(s)	Status	Price
Essentrics Stretch and Tone	1/4/2021 1/11/2021 1/25/2021	12:00 PM - 1:00 PM 12:00 PM - 1:00 PM 12:00 PM - 1:00 PM	Open Seats: 15 of 15 Wait List: 12 of 12	\$24.00

Sub Total:

\$24.00

Coupon Code:

Discount:

(\$0.00)

Grand Total

\$24.00

Browse More Courses

Proceed to Next Step >

Please answer any of the required questions/pre-requisite requests before you proceed. *Note if there is no payment required, this will enroll you in the course.

10) For credit card payments click on "Proceed to Payment" to be taken to the payment screen. Or Choose another payment method if available

Check Out

Log in/ Create Account

Review

Payments

Processing

Receipt & Confirmation

Payment Amount:

\$24.00

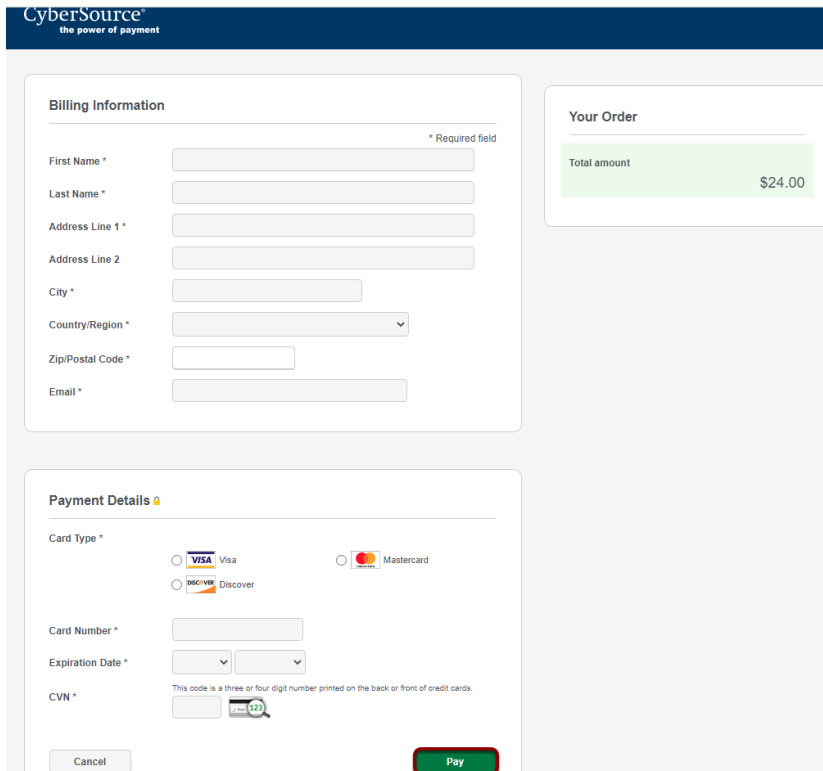
Order Number:

CP2R1R5Y3006173

Proceed to Payment

< Back to Review Check Out

11) This is the payment page. Please enter in all of your payment information. Once you make sure everything is correct, click on "Pay" to register.



The screenshot shows the CyberSource payment page. At the top left is the CyberSource logo with the tagline "the power of payment". The page is divided into two main sections: "Billing Information" and "Payment Details".

Billing Information (marked with an asterisk for required fields):

- First Name *
- Last Name *
- Address Line 1 *
- Address Line 2 *
- City *
- Country/Region * (dropdown menu)
- Zip/Postal Code *
- Email *

Payment Details (marked with a yellow warning icon):

- Card Type *: Radio buttons for VISA, Mastercard, and Discover.
- Card Number *
- Expiration Date *: Two dropdown menus for month and year.
- CVN *: A text input field with a note: "This code is a three or four digit number printed on the back or front of credit cards." and a small icon of a credit card.

At the bottom left of the form is a "Cancel" button. At the bottom right is a green "Pay" button.

Your Order (summary box on the right):

- Total amount: \$24.00

12) You are now registered! You will be taken to the order confirmation page where you can print this for your records.

Order Confirmation Home Calendar Shopping Cart User Profile

Order Receipt

Date: 11/24/2020
Registration Number: CNX98FHC2126168
 Username: anthony@gosignmeup.com

Sold to:
 Anthony Test
 Street
 city, ca, 92626
 anthony@gosignmeup.com
 5555555555

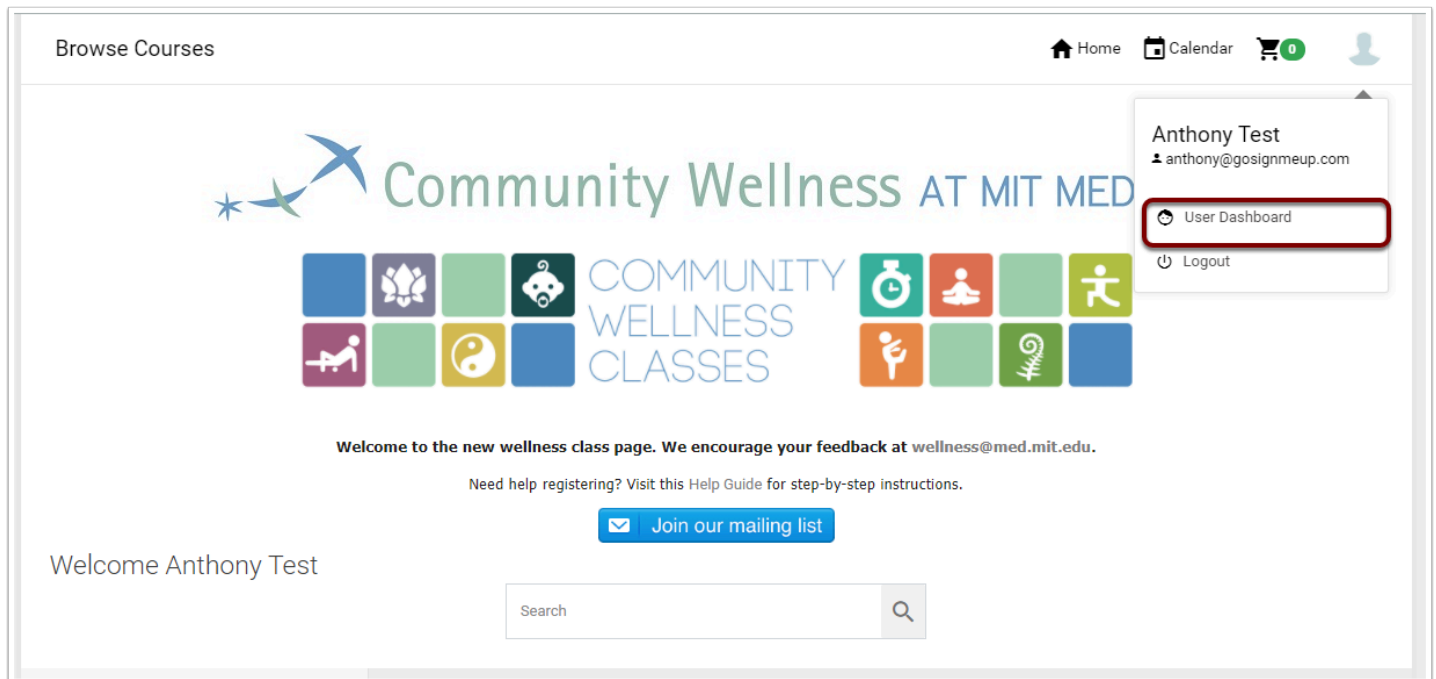
Payment Details:

Course name	Location	Dates	Status	Price
Essentrics Stretch and Tone	Online Virtual	1/4/2021 12:00 PM - 1:00 PM 1/11/2021 12:00 PM - 1:00 PM 1/25/2021 12:00 PM - 1:00 PM	Enrolled	\$0.00
Total:				\$0.00
Discount:				\$0.00
Total Amount Paid:				\$0.00

[Download / Print Receipt PDF](#)
[Browse More Course](#)
[Proceed to User Home >](#)



You will also get a confirmation email sent to you.

13) You can always check your "User Dashboard" to see information about your courses and take actions on them.



14) You can see information in your "User Dashboard" including course information where you can Print Receipt or Cancel a course.

Participant Dashboard - Anthony Test

Home Calendar  

anthony@gosignmeup.com

ENROLLED COURSE: 1 CERTIFICATES: 0 EMAILS: 13

Participant Information

Affiliation: Other

E-mail Address: anthony@gosignmeup.com

Age Range: Select age range

Gender:

First Name: Anthony

Last Name: Test

Phone: 5555555555

Street 1: Street

Street 2:

City: city






State: ca

Zip: 92626

Username: (Your email address will be your username)

Password: *****

Enrollment Confirmation

Date	Event	Action
11/24/2020	Enrollment Confirmation	
11/4/2020	Test	
10/30/2020	Reminder for Test Payment	
10/29/2020	Reminder for Test Payment	
10/7/2020	Enrollment Confirmation	


Showing 1 to 5 of 13 entries

Previous 1 2 3 Next

Courses

Enrolled Waiting Past Unofficial Transcript Cancelled

Show 5 entries PDF Print

#	Course Name	Enrolled by	Start Date	
Order Number: CNX98FHC2126168	Paid Amount: \$ 0.00			
2526	Essentrics Stretch and Tone		01/04/2021	
Total Outstanding Amount: \$0.00				
Showing 1 to 1 of 1 entries (filtered from 5 total entries)				

Cancel

Print Receipt

View Course Work

View QRCode