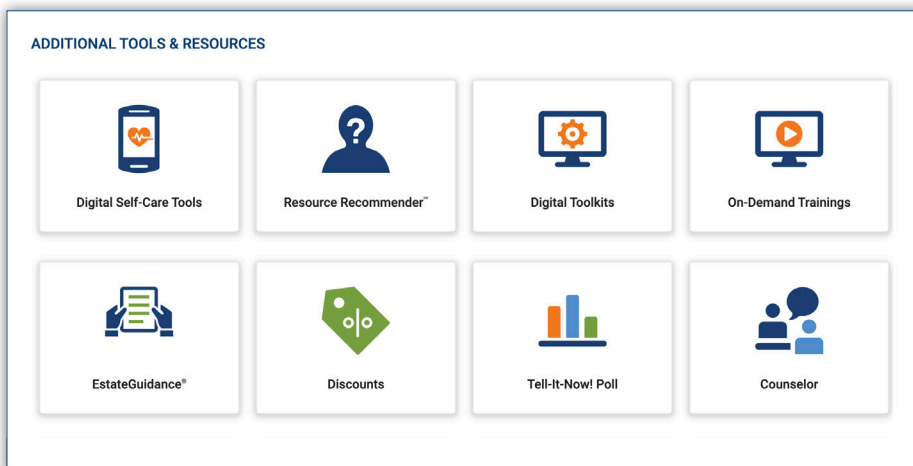


How to Access Koa Foundations

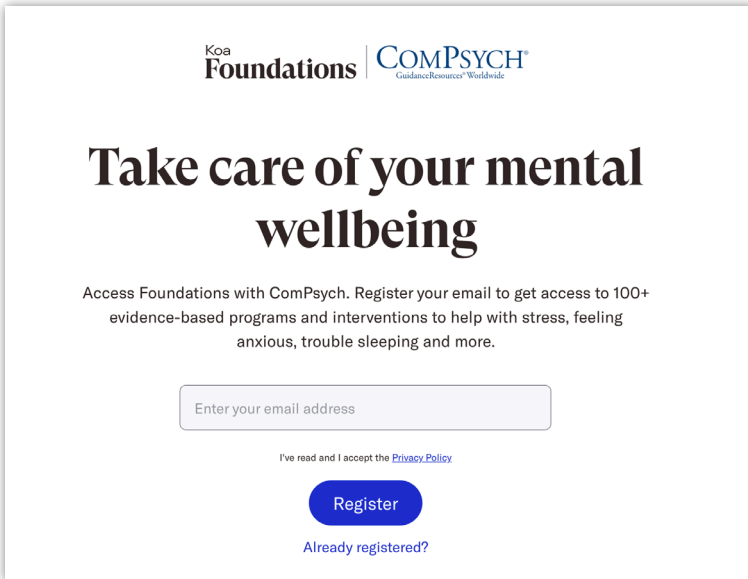
1. Go to guidanceresources.com and login. First-time users register using Web ID:



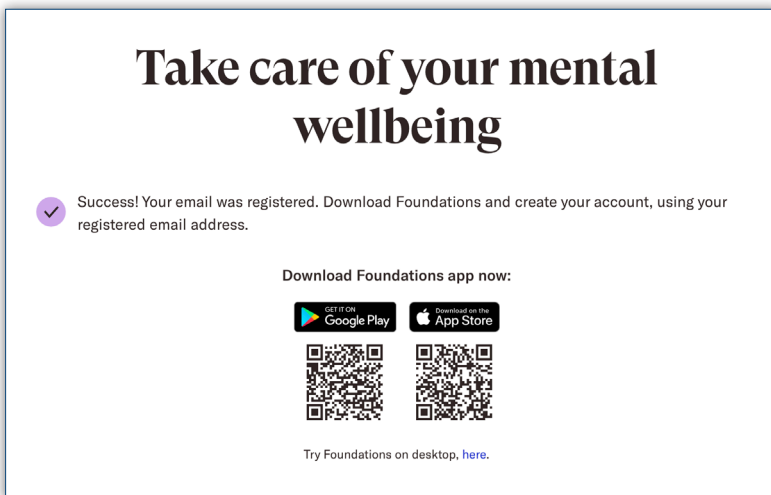
2. On the main landing page, scroll down to **Additional Tools & Resources** and click the **Digital Self-Care Tools** Tile.



- 3. Enter a valid email address in the webpage that pops up.



- 4. Download the app to sign up and create an account. Use the same email address as in step 3.



24/7 Live Assistance:
Call:
TRS: Dial 711



Online: guidanceresources.com
App: GuidanceNowSM
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