

This Quick Start Guide provides information to help you start using Standalone Diet & Wellness Plus.

SIGN IN

1. Go to instructor.cengage.com.
2. Type your Cengage username and password.
3. Click **Sign In**.

Reset Your Password

You can reset your Cengage password if your account has an email address.

1. On the sign-in page, click **Forgot** for the password you need to reset.
2. Provide the requested information. If the information matches your account, you should receive a password reset email.
3. Open the password reset email and click the reset link or button.

ADD DIET & WELLNESS PLUS TO YOUR ACCOUNT

1. Enter “**Diet & Wellness Plus**” into the search bar.
2. You will see a list of titles. Scroll until you see either **Diet and Wellness Plus, 1 term (6 months) Instant Access, 1st Edition** or **Diet and Wellness Plus, 2 terms (12 months) Instant Access, 1st Edition**.
3. Select one based on the necessary length for your course and click **Continue**.
4. You will now see the selected option on your Instructor Resource Center.
5. You can access Diet & Wellness Plus Standalone by clicking on the **Diet and Wellness Plus** link that appears under the **Access Instructor Supplements** section.

CREATE YOUR COURSE

1. Once in the Diet & Wellness Plus program, access the Profile Menu in the top right corner and select **Instructor**.
2. Click **Create New Course**.
3. Enter a name for your new course. This should be the name of the course as it appears in your department or institution catalog.
4. Enter the Start Date and End Date for your course.
5. Click **save**.

CREATE A COURSE KEY

A course key **must** be created for students to enroll in your course.

1. Click **Generate** on the Course Information page to the right of the **Student** field.

Note: If you would like multiple sections you may generate a course key for each section so that students can be enrolled into that section directly. To do this:

1. Select **Course** in the Course pull-down menu.
2. Click **Manage Students & Sections**.
3. In the **Create New Section** text box, enter the name for your section and click **Submit**. Do this for as many sections as you need.
4. Generate a course key for each section necessary by clicking **generate** next to each section.

ALLOW STUDENTS TO ENROLL

1. Distribute the created course key to your students along with instructions on how to use it. **Note:** Do not regenerate the course key once you have provided it to students.
2. Students will then be able to enroll themselves by entering the course key on the **Dashboard** page when they log into Diet & Wellness Plus Standalone.

ASSIGN A LAB OR REPORT

1. In the Profile menu, select **Instructor**.
2. Select your course in the Course pull-down menu.
3. Click **Create/Edit Assignments**.
4. Click **Assign New Lab** or **Assign New Report**.
5. In the **Lab Name/Report Name** pull-down menu, select the Lab or Report you would like to assign.
6. *For Reports Only:* In the **Report Name** field, enter a name for your assignment.
7. Click on the **Due Date** field and select a due date if you'd like to include one.
8. *For Reports Only:* Some reports have a **Start Date** and **End Date** field as well. These are optional but allow you to determine the period of time during which the diet and activity data will be automatically gathered by the report. If left blank, the student will be free to base their assignment on data from any date range of their choosing.
9. *For Reports Only:* Select which meals you want the assignment to be based on. You must select at least one meal for reports that have this field.
10. Click **Save**.

SYSTEM REQUIREMENTS

Standalone Diet & Wellness Plus is tested and supported for the following web browsers:

Chrome version 99 or later

Firefox version 99 or later

Microsoft Edge 100 or later

Safari version 14 or later

BROWSER SETTINGS

Configure the following settings in your Web browser.

- Allow Javascript. (This is the default setting for supported browsers.)

BROWSER SETTINGS

Configure the following plugins in your Web browser.

- PDF Reader: Some content requires a PDF reader such as Adobe Reader or Apple Preview. Current versions of Chrome and Safari can display and print PDF files. [Get.adobe.com/reader](https://get.adobe.com/reader)

CUSTOMER SUPPORT

ONLINE:

support.cengage.com

CALL: 800.354.9706