



**SCHOOL OF
MEDICINE**

OFFICE OF PROFESSIONAL
WELLBEING

FREE WELLNESS SUBSCRIPTIONS FROM DOWN DOG & TEN PERCENT HAPPIER



How to Redeem Your Free Subscription Through June 1, 2022 from Down Dog App

1. Go to downdoggapp.com to download the apps for smartphone, tablet or to use the apps on web.
2. Open any of the apps and sign up with email and password- make sure to use your salud.unm.edu email address!
3. That's it! You're ready to practice!



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You'll [redeem the code on our website](#), then when you open the app on your phone, everything will be unlocked.

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2. If you're a new user, register an account. Keep track of which method you used so you can sign into the app on your phone the same way.
3. If you have an account, tap Sign In at the bottom of the screen where it says Already have an account? Sign In and get signed in using the same method you used for your current account.
4. Tap Redeem on the next page.
5. Download the app from the Apple App or Google Play Store and sign in the same way you did to redeem your code.