

Visit this site to enter your login information: <https://my.mheducation.com/login>

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The icon of your Health book is what you will see on the landing page
Press the “Launch” button to open your Health materials

On the left hand side of the screen is your Menu Bar
Press the “Course” button to open your Health eBook table of contents

The default title bar module is “Your Health and Wellness”
Press the 3 bullet points to the left of “Your Health and Wellness” to open your navigation menu

The eBook is broken down into “Modules” which are the same as chapters
Scroll down to locate the module we are currently studying and press the arrow to the left of it

Each “Module” contains “Lessons” which are not numbered but instead are labeled by titles
Press a title to open the “Lesson” and press the “Teen Health, Student Edition eBook”

The eBook will open the “Module” you are in and list the “Lessons” on the bottom of the page
Select the “Lesson” you are assigned to open the chapter and read to the end of it

The “Lesson # Review” is located on the bottom of the chapter
Complete the questions 1 - 6