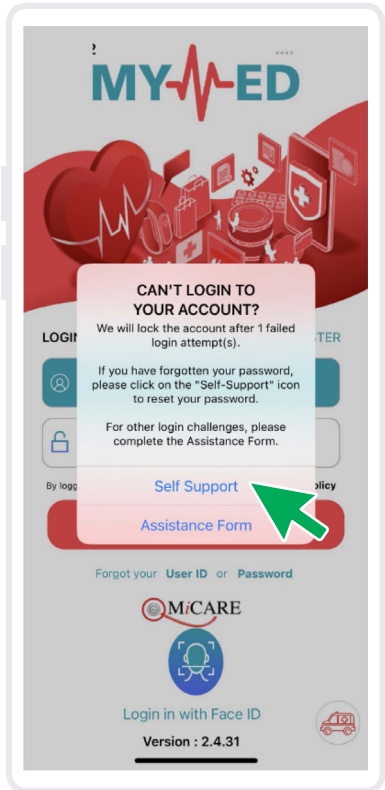# Manulife

## MyMed Mobile Guide:
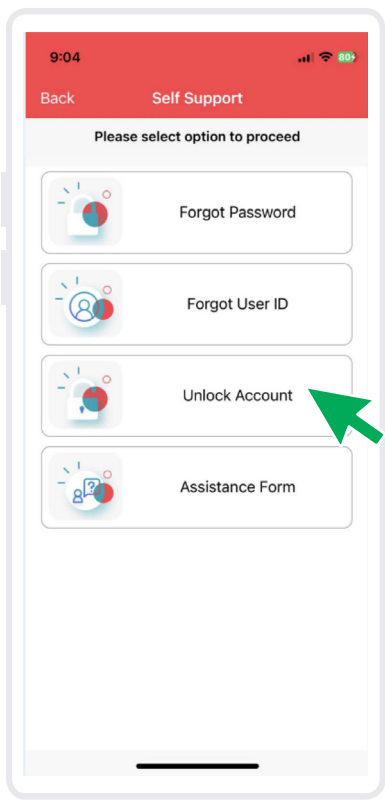## Unlock Account

**Step 1**

Open the app and navigate to the **"Self Support"** section
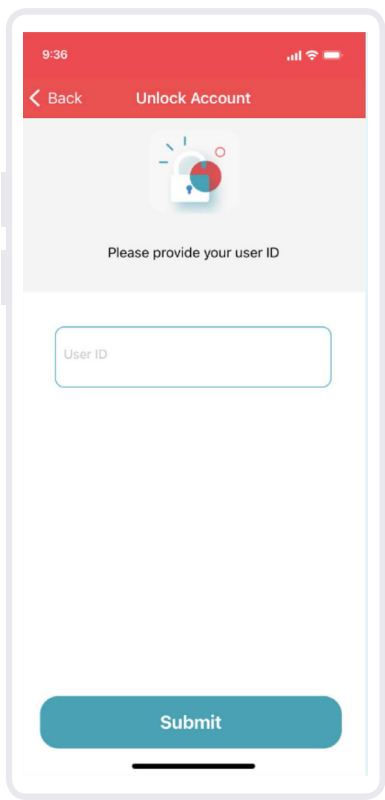


**Step 2**

Choose the **"Unlock Account"** option to proceed
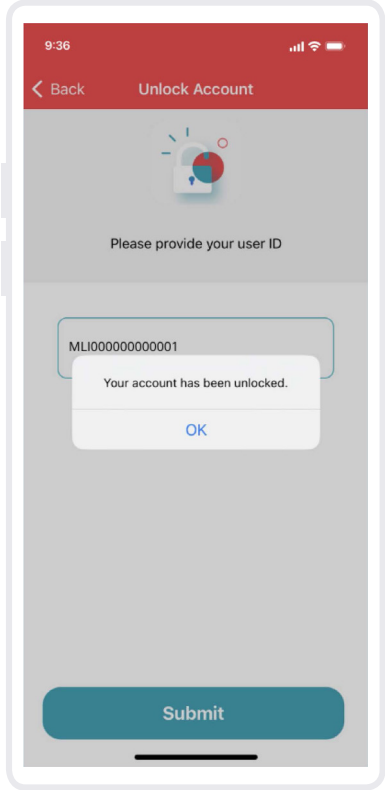


**Step 3**

**Key in** your **User ID**



**Step 4**

**Check your registered email** with MyMed for the **temporary password**



Should you encounter any issues or require further assistance, kindly contact MiCare 24/7 Hotline at **1300 88 0100**.