



# Start your self-care journey with a few simple steps:

- 1 Visit [cityofseattle.limeade.com](https://cityofseattle.limeade.com), scan the QR code, or search Limeade ONE in your app store. For the app, enter *City of Seattle* into the employer search field



- 2 Click “**Sign up**” under the “Don’t have an account?” section

- 3 **Enter the following information:**

- City of Seattle **Employee ID**
- **Last Name**
- **Date of Birth** (MM/DD/YYYY)
- Select **Find Account**
- Provide an **Email** (personal or work, your preference) and **Password**
- Agree to the Terms of Service and Privacy Policy
- Select **Register Account**



**JOIN NOW!!**