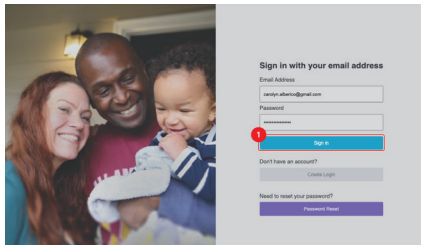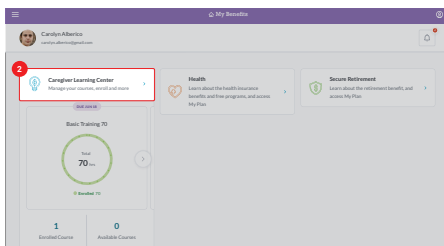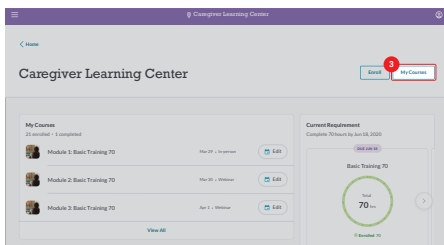# How To Attend and Take Your Online Courses

1. Log in to *My Benefits*.

2. After logging in, you will see your *My Benefits* home page. Press on the **Caregiver Learning Center**.
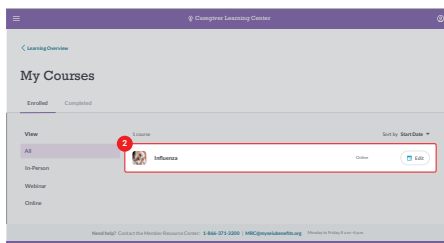

3. Press on **My Courses** in the top right corner to see all the courses you are currently enrolled in.

4. **Press on the course** you would like to attend.

> **TIP!** You can see if the course is in-person, online, or a webinar by looking to the right of the course title.

5. You will then be directed to your online learning course page.

> **TIP! Online courses can be taken at any time. Some courses need to be taken on a desktop computer/laptop. See the course description to find out if the course requires a desktop computer/laptop.**

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