



Here's how to do it:

1. Once you have reached **six failed login attempts** you will be prompted to reset your password.
2. Enter your username and date of birth to proceed with resetting your password.



Password Reset



You have reached the maximum failed login attempts. Please reset your password to regain access to your account.




Please verify your personal information.

MyOchsner Username

Date of Birth
 / /
mm / dd / yyyy

3. Select which method you would like to have a one-time security code sent to you.

It is our goal to make sure your health information is safe and secure. You will now be required to enter a one-time use security code to verify your identity.






- 1 We'll send a code to your email or phone.
- 2 When you receive the code, enter it on the next screen.
- 3 Once we verify your identity, you will be signed into MyOchsner.

How would you like to receive the code?

4. Enter the code that was sent to your preferred method of communication.

It is our goal to make sure your health information is safe and secure. You will now be required to enter a one-time use security code to verify your identity.



- 1 We'll send a code to your email or phone.
- 2 When you receive the code, enter it on the next screen.
- 3 Once we verify your identity, you will be signed into MyOchsner.

We've sent you a security code. Please enter it in the box below.

5. Once the code is entered you can now change your password! Select next and you will be logged into your account.

Create a New Password

Enter your new password. A good password uses a combination of lowercase and uppercase letters, as well as numbers. Avoid using a password that is easy for others to guess, such as your name or phone number.

* Password

* Retype Password