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If you know your password
1. Go to https://account.med.fsu.edu
2. Log in to your account. If you do not know your password, go to the “Forgot your password” section below.

3. If you are prompted to Enroll in Self-Service Password Reset, please go to the “Enroll in Self-Service Password Reset” section below, then return here.
4. Click the “Change password” link on the right of the screen.
5. Enter your old password, your new password, confirm it, and click “OK”: 

![Change password dialog box]

Your password expires in 178 days.
The password was changed yesterday.

CHANGE PASSWORD
Forgot your password?

1. Go to https://account.med.fsu.edu
2. Click on the “Forgot your password?” link.
3. Enter your MEDID and click Next.
   a. If you get either of these messages, contact the Service Desk at 850-644-3664.
      You are not enrolled for Password Self-Service.
      There are no email addresses where the verification code can be sent to.
4. A verification code will be sent to your alternate email. Enter it into the system.
5. Answer the security questions you set up during Self-Service Password Reset.
6. Enter your new password.
Enroll in Self-Service Password Reset

1. Go to https://account.med.fsu.edu
2. Log in to your account. If you do not know your password, call the MED Service Desk at 850-644-3664:

3. You should be prompted to enroll immediately after signing in. Click “Enroll now”

4. If you are not prompted, click on the “Enroll” button on the right.

5. Answer the security questions, specify your alternate (non-MED) email if it asks, and click “Save”
6. Verify that your alternate email shows in the “My Properties” section and that the “Reenroll” and “Disenroll” options show on the Home page.

![Password Self-Service](image)

My properties [Redacted]

<table>
<thead>
<tr>
<th>ALTERNATE EMAIL ADDRESS</th>
<th>TELEPHONES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alternate Email Address</td>
<td></td>
</tr>
<tr>
<td>Mailbox (Other)</td>
<td>[Redacted]</td>
</tr>
</tbody>
</table>

You will now be able to reset your password without needing to contact IT.