How to login to One45

1. Go to https://ottawa.one45.com/index.php

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- 2. Enter your username and password, click login.
- 3. You should see your account dashboard:

Kim Beaubien	My To Dos: 10
Admin	Approve 247 opt outs
<u>To Dos</u> 10	Low Performance Flags (9)
Personal Info Contact List	Please review the following low performance flags.

If you are unable to login:

- 1. Please reset your password using the following link: <u>https://app.med.uottawa.ca/PasswordReset</u>
- 2. If you have recently changed your password and having login problems, please try synchronizing your password using the following link: <u>https://app.med.uottawa.ca/PasswordReset</u>
- 3. If you have tried resetting and synchronizing your password and are still having issues please email: pgy2dfm@uottawa.ca