



NF-WEB TIPS SHEET

How to get the most out of NF-Web

1. Most questions are already answered on the FAQ tab of the NF-WEB site!

The FAQ page is a great resource for when you're trying to get your questions answered quickly on the website! To access this page, hover over the NF-WEB tab on the right-hand side of the website and a drop-down menu will appear including the FAQ page.

2. Write down/Save your username and password

When you access the NF-Web, you might need to enter the username and password we assigned you. We recommend writing your username and password down somewhere accessible, like near your computer or in the note's app on your phone.

3. NF-WEB is very compatible with mobile devices!

NF-Web was designed to be mobile friendly, meaning you will be able to access everything on the website, including sessions and the discussion board, on your smartphone or tablet (iPad, etc.)! Previous participants mentioned participating on a mobile device can be helpful for busy weeks, or when you want to listen to audio content while walking or driving.

4. Begin your sessions early in the week!

One of the main points of feedback we received from previous participants was starting the sessions early in the week (e.g., Monday or Tuesday). The reason to start early is because the session content will build on itself throughout the 8 weeks. If you start early, this will help you practice new skills you are learning from the program throughout the week (vs the end) and will help you complete our homework log on time.

5. Remember to press the "enroll" button for each session each week!

You will unlock each session pressing the blue "enroll" button at the bottom of the overview section. Sessions will remain locked until the participant presses enroll.

Important questions to review before starting NF-Web



How do I get to the website?

Log into the website at the address provided: nf-web.org

How do I log into NF-Web?

After landing on the NF-Web homepage, click the “Profile” button on the upper right-hand corner. Enter your provided NF-web log in, press log in. When you are logged in, press “Home” to return to the home page.

How do I access the sessions?

Scroll over the NF-WEB tab on the right-hand side, click “sessions” from the drop-down menu, and select the current week you are completing

Will I lose my progress on NF-Web if I close the website or log out?

All of your progress is saved automatically, so don't stress about logging out!

I am still confused... how can I get in contact with the NF-Web team?

All questions can be emailed to: nf-web@mgh.harvard.edu. We will get back to you within 24 hours. If your question is urgent, you can reach us by phone at +1 617 643 2704