

*BGCA National and Club staff can access the Whil wellbeing platform using single sign-on from Spillett Leadership University on bgca.net.*

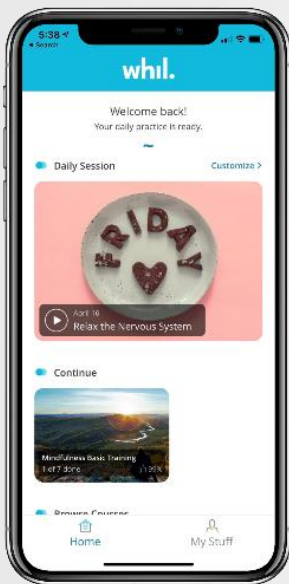
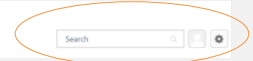
*You will only need to go through this set up **one time on each device.***

*You can then use the Whil mobile app or Whil.com directly **without going through BGCA.net**, unless you are ever signed out of Whil for any reason.*

## Getting Started with the Mobile App

*Watch this Video to Walk Through the Steps*

- 1 Download the Whil: Mindfulness & Meditation app from the App Store or Google Play. **IMPORTANT: Don't try to log in.**
- 2 Visit into Spillett Leadership University on BGCA.net
  - After logging into BGCA.net, click on the ellipsis at the top right (the 3 lines), and select **TRAINING**. *Note: You may be need to Update Your Profile before proceeding.*
  - Scroll down until you see the blue button “Register for Training”
- 3 In the search bar, type in **Mindfulness**, and select the course *Mindfulness Basic Training*. Click **Launch** and your browser will open Whil directly through the app!

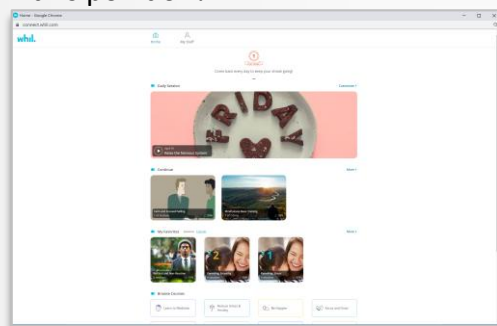


- You can now open the Whil app directly on your device, browse for courses, save content, etc.
- You'll need to repeat the steps on each device you want to use.

## Getting Started with the Browser Version

*Watch this Video to Walk Through the Steps*

- 1 Visit into Spillett Leadership University on BGCA.net
  - After logging into BGCA.net, select **TRAINING**. *Note: You may be need to Update Your Profile before proceeding.*
  - Click the blue button “Register for Training”
- 2 In the search bar, type in **Mindfulness**, and select the course *Mindfulness Basic Training*. Click **Launch** and your browser will open a new tab with the course. *You may need to disable pop-up blockers.*
- 3 Bookmark <https://connect.whil.com> and go directly to Whil from this point on!



**Q: Is there a course catalog available for Whil?**

A. Yes please click this link to download the most current Whil Classes:

[\*\*Whil Course Catalog\*\*](#)

**Q: Do I have to log in through Spillett every time I want to use Whil?**

A: You will only need to log in through BGCA.net and Spillett the first time you use Whil.com or the Whil app on a device to establish the single sign on. After that, you can visit Whil directly. If for some reason you are signed out (e.g. cookies are cleared, new device), simply follow this login process again.

**Q: I'm in SLU and when I launched the course, nothing happened.**

A: Check to make sure that you have disabled pop-up blockers and try again.

**Q: I followed the steps on my phone, but the course is opening in my browser instead of launching the Whil app.**

A: You may have inadvertently clicked "x" on the "go to Whil" panel that appeared. Clear your browser's cache, and you should be able to launch the session into the Whil app.

**Q: I downloaded the Whil app, and was not able to create a username and password to log in.**

A: That is correct. For BGCA's access to the Whil app and Whil.com, our national and movement staff will need to log in through BGCA.net and Spillett Leadership University to use the single sign-on. We will not create direct log-on accounts to Whil.