Forgot Username or Password

Forgot Username

1. On the McGraw-Hill Education **Log In** page at `my.mheducation.com,` select the **Forgot your username?** link under the **Username or Email** field.
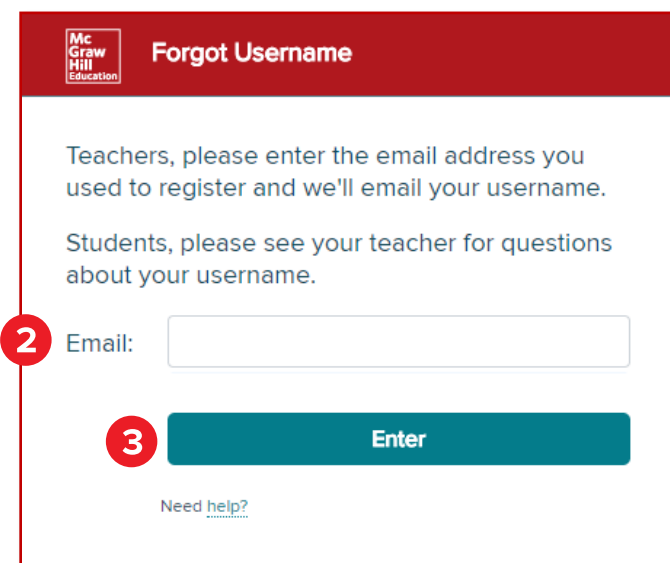
2. On the **Forgot Username** page, enter your email address in the **Email** field.

    - Use the email address you used in registration.

3. Select **Enter**.

    Your username will be emailed to you.
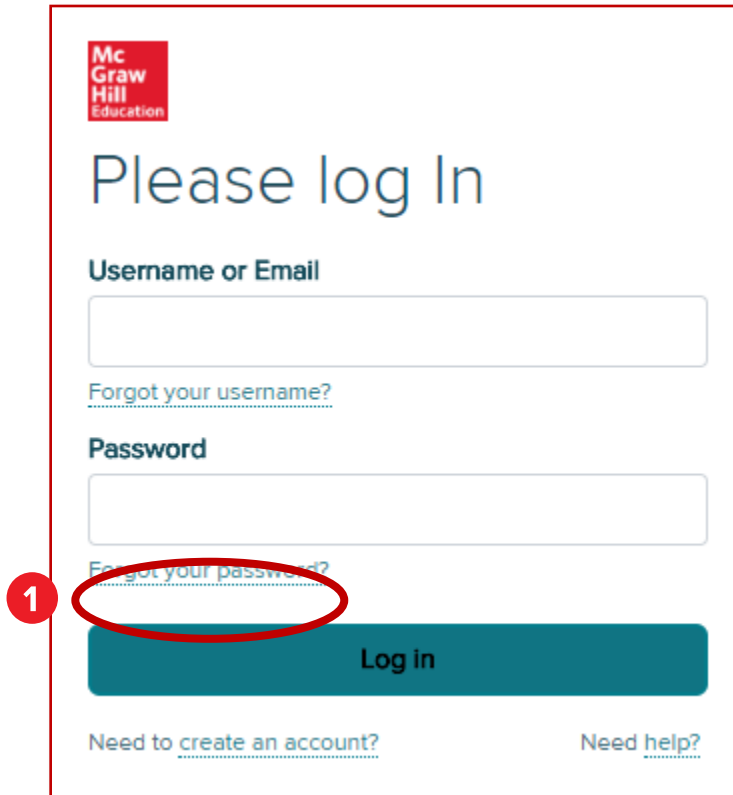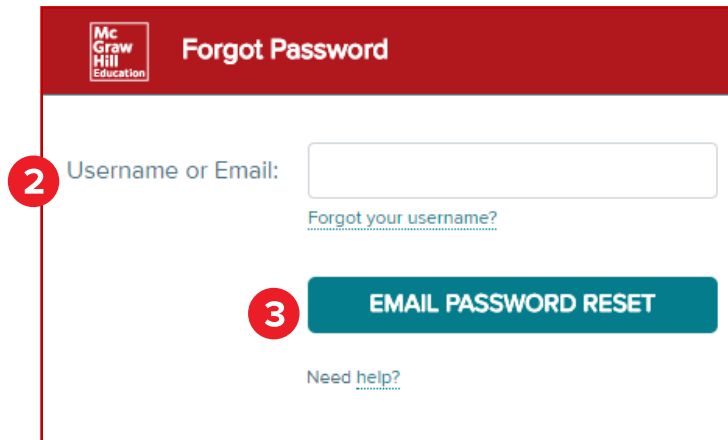
Forgot Password

1. Select the **Forgot your password?** link under the **Password** field.

2. On the **Forgot Password** page, enter your username or email in the **Username or Email** field.

- Select the **Forgot your username**? link to access your username.
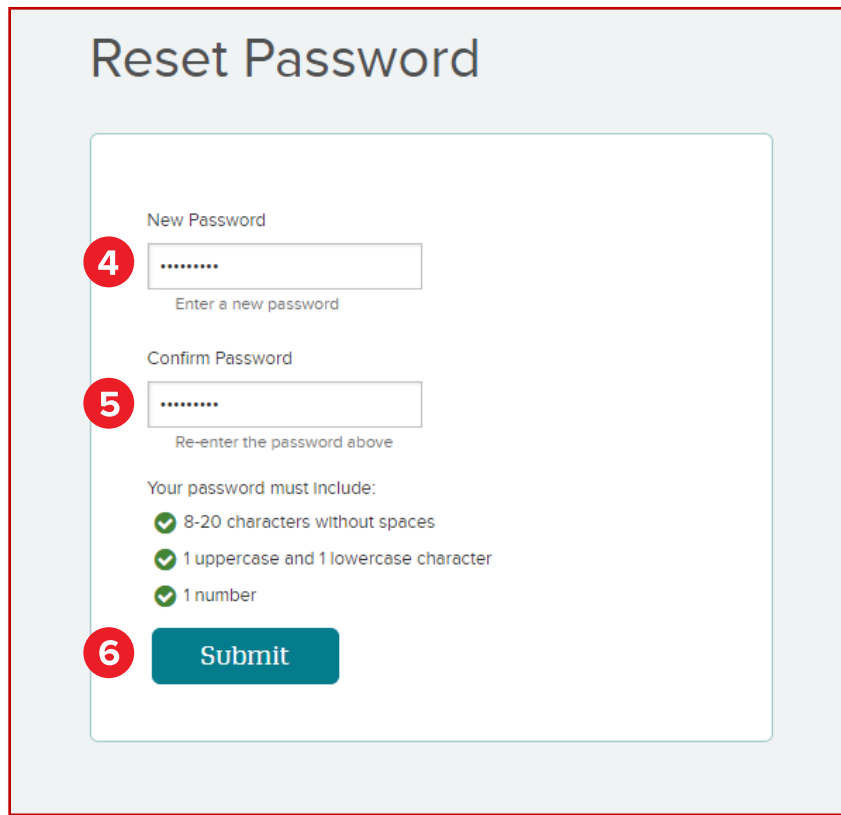

3. Select **Email Password Reset**.

An email is sent to your account address with a link to reset your password.

4. On the **Reset Password** page, enter your new password in the **New Password** field.

Your password must contain:

- 8-20 characters without spaces
- At least one uppercase and one lowercase character
- One number

5. Confirm your new password by entering it in the **Confirm Password** field.

6. Select **Submit**.

Your password has been reset and you are taken to the **Log In** page.