

Welcome to



We're pleased to announce that, as a Sainsbury's veteran, from next week you'll have access to myHR.

myHR is a self-service platform that will allow you to update your personal details including your home address and your communication preferences.

A user guide for Veterans



First step: Setting your password

Before you can use myHR for the first time, you'll need to create a password for yourself. You'll receive an email soon from **myHR Notification** with subject 'FYI: Account Notification' asking you to set a password.

- Click the link within the email. You'll be taken to a screen where you'll be asked to enter and confirm a password of your choice.
- The password must be at least 8 characters long including a number, uppercase and lowercase letters, and a special character for example ! or #.
- This password is really important as it protects your information so please make it secure and something you can remember - we don't recommend that you write it down or share it with someone else. The web address below includes some really useful guidance on passwords:

<https://www.getsafeonline.org/protecting-yourself/passwords/>

Signing into myHR

You can now access myHR via your internet browser (examples pictured to the right). The link for myHR can be found on the Sainsbury's Veterans website.



Safari



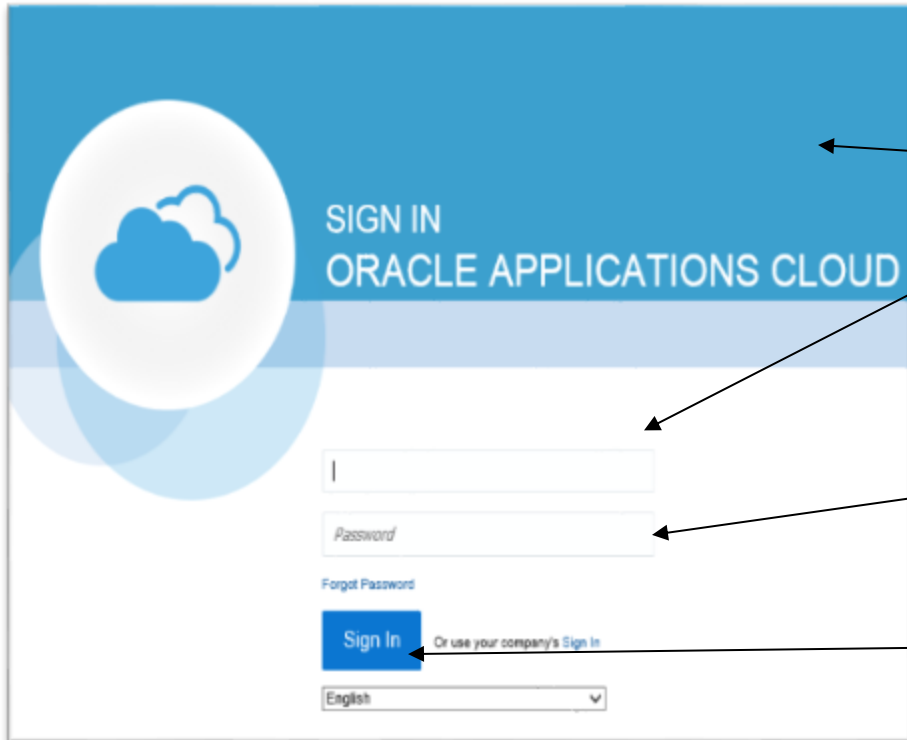
Internet Explorer



Google Chrome



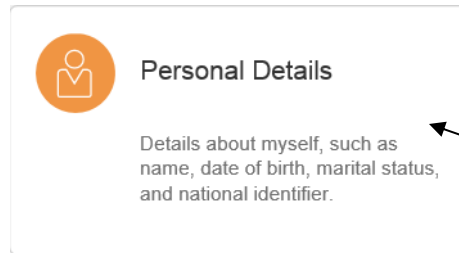
Firefox



Signing in:


- 1) You'll be directed to the page shown to the left.
- 2) Simply enter your e-mail address in the first box. This will be the e-mail address which you provided when you registered.
- 3) You'll then need to enter your password in the box marked 'Password'
- 4) Finally, click on the large blue 'Sign In' button

Updating your personal details





Within myHR you can update your personal details:


1) Click on the 'Personal Details' button on the Homepage to access and edit your details

Name 

| | |
|-----------|----------------|
| Last Name | First Name |
| Lisle | C |
| Title | Preferred Name |
| Mrs. | C |

2) Then use the pencil icon to make any changes

Name  

*When does this name change start?
dd.mm.yyyy 

*Last Name
Lisle


Title
Mrs.

*First Name
C

Middle Name

Preferred Name
C


Previous Last Name

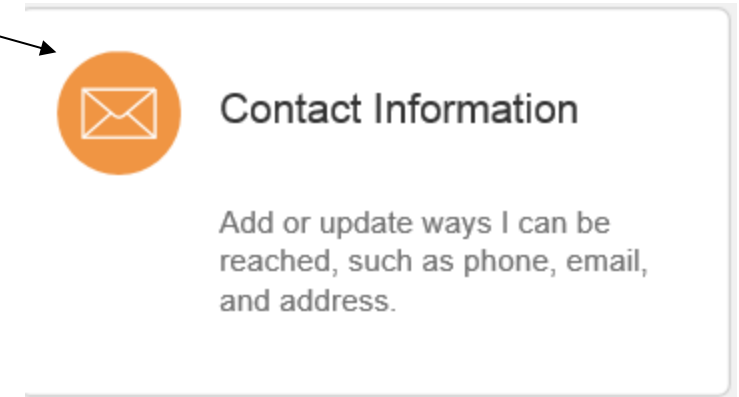
3) Once you have completed all of your changes, click on the  button. Please note that all fields marked with * must be completed before saving your changes.

Updating your contact details

You can also update your contact details:

1) Click on the 'Contact Information' button on the Homepage to access and edit your details



2) Once you have completed all of your changes, click on the  button. Please note that all fields marked with * must be completed before saving your changes.

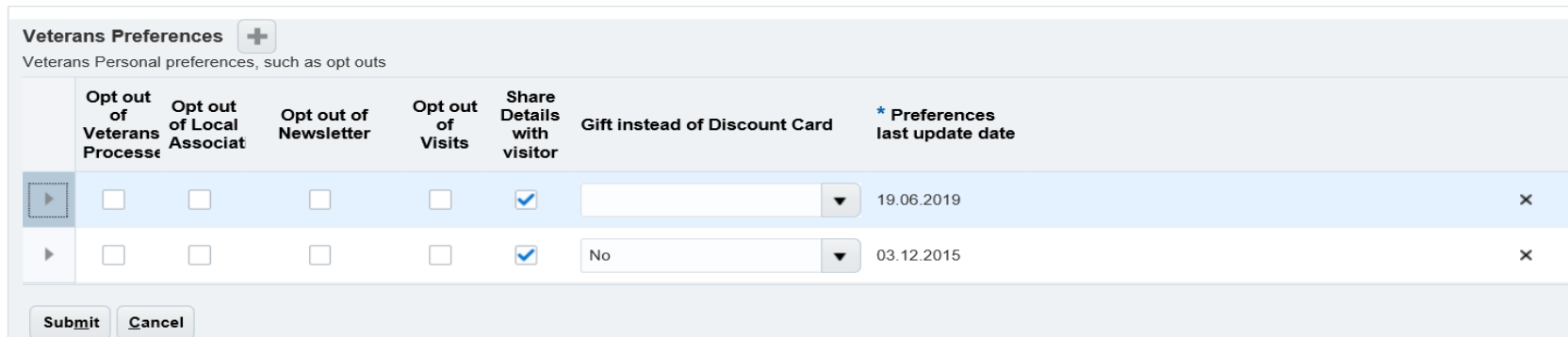






If you'd like to update your email address you will need to email veteran.support@sainsburys.co.uk

Updating your communication preferences

You can also tell us what updates you'd like to receive, or what events you'd like to be involved with.

- 1) Click on the  symbol next to 'Veterans Preferences'
- 2) Tick the correct box to tell us if you'd like to opt out of any of our services or if you'd like us to share your details with a Veteran visitor
- 3) You can also choose whether you'd like to be issued with a Veteran discount card or, if you'd prefer not to have a discount card, we'll send you a gift card once a year instead. You are only able to change this preference twice. After that, you must stay with your final choice.
- 4) Save your changes by clicking 

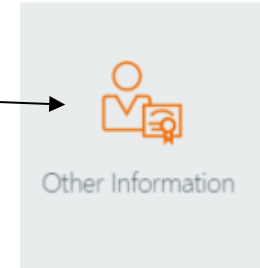


| | Opt out of Veterans Processes | Opt out of Local Association | Opt out of Newsletter | Opt out of Visits | Share Details with visitor | Gift instead of Discount Card | * Preferences last update date | |
|---|-------------------------------|------------------------------|--------------------------|--------------------------|-------------------------------------|-------------------------------|--------------------------------|---|
|  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="text"/> | 19.06.2019 |  |
|  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | No | 03.12.2015 |  |

Veterans Visitors

If you selected that you'd like us to share your details with a Veterans Visitor (as detailed above), you'll also need to enter your postcode. To do this,

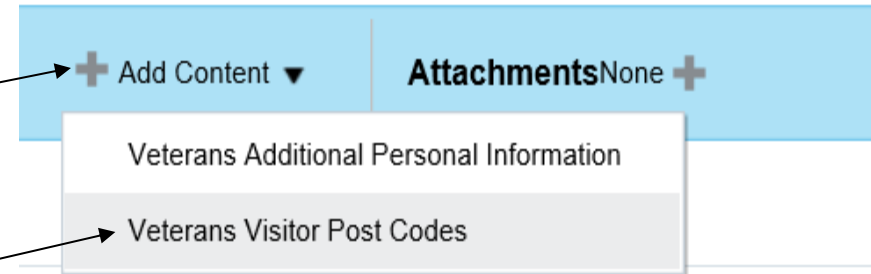
- 1) Just click on the 'Other Information' icon on the myHR homepage



- 2) Now, click on the 'Edit' button.



- 3) Then, click on the 'Add Content' button



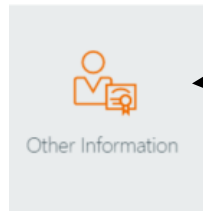
- 4) Select 'Veterans Visitors Post Codes' from the menu



A form titled "Veterans Visitor Post Codes" with a "+" icon. It contains a table with columns: "* Post Code", "* From Date", and "To Date". The "From Date" column has the value "19.06.2019". Below the table are "Submit" and "Cancel" buttons. An arrow points from the text in step 4 to the "Veterans Visitor Post Codes" menu item in the previous image. Another arrow points from the text in step 5 to the "Post Code" input field.

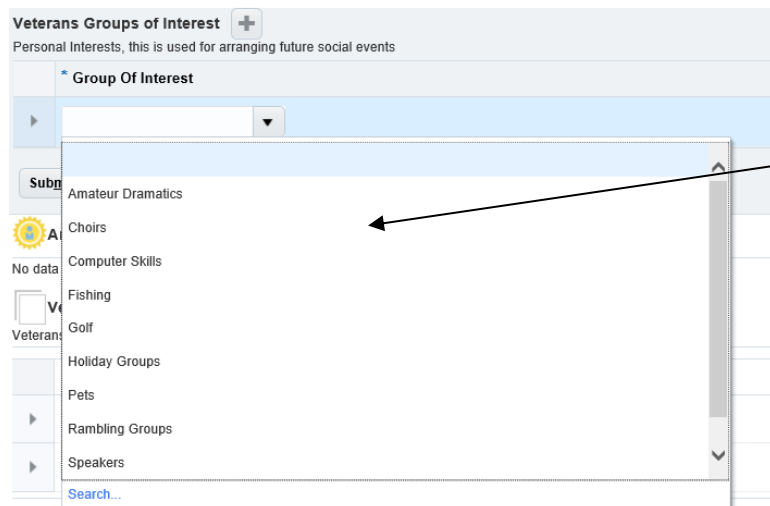
- 5) You can then enter your postcode in the field and click the 'Submit' button.

Updating your interests

To help make sure that we can let you know about activities which you can get involved with, together with other veterans from across the Group, you can tell us what your interests are.



- 1) On the myHR homepage click on the 'Other Information' Icon, it looks like the icon on the left.
- 2) You'll be directed to the 'Other information' page, now click the  button
- 3) Add interests by clicking on the  button
- 4) You can then select your areas of interest by clicking on the arrow on the menu to provide a list
- 5) If your interest isn't in the selection list, search for one by following the steps on the next slide.



Updating your interests continued

Search and Select: Group Of Interest

Search

Advanced

Meaning Wine%

Search Reset

Meaning

Wine Tasting

OK Cancel

- 1) If your interest isn't in the selection list you can do an advanced search by clicking on the [Search...](#) link.
- 2) Then in the Meaning box, type a word followed by the % sign and click the **Search** button and then **OK**
- 3) Then click **Submit**
- 4) If your interest does not appear after completing the advanced search, then we currently have no Group of Interest around that subject.