

How to use the Cardiac Lauren Website

1. Go to www.cardiaclauren.co.uk
2. Go to the **Cardiac Lauren Club** option on the main menu and click on **Sign Up**. If you are using a tablet, iPad or phone it will be the fourth option on the drop down menu on the right side of the page with the three dots.



This is where you will pay the joining fee for £20 and set up an automatic monthly subscription for £20.

3. Fill out the details on the form. If you have been given a 'Coupon Code' put it in the box in the Order Summary.

Join the Cardiac Lauren Club

If you already have an account on our website, please [log in](#) to continue

Contact Information

* First Name

* Last Name

* Your E-Mail Address

a confirmation email will be sent to you at this address

Billing Information

* Street

* City

* Country

* Region

* Postal Code

* Your subscription: £20 Joining fee with Access to the Library of videos plus £20 a month subscription

Cardiac Lauren £40.00 for the first month, then £20.00 for each month
Online exercise classes

Order Summary

Enter coupon code

Cardiac Lauren £40.00

Total £40.00

Subscription Terms: £40.00 for the first month, then £20.00 for each month

Key features

- Two exercise videos a week
- All fitness levels covered
- Fully qualified Phase IV Cardiac Rehabilitation Exercise Instructor & GP Referrals
- Anyone can join in even if you haven't had a heart condition
- Cancel any time

Secure Payment

2048-bit SSL secure encryption. Your credit card information is never stored to ensure your privacy.



Privacy

We will never share or trade online information that you provide us (including e-mail addresses).

Need Help?

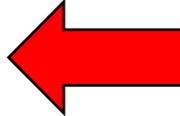
For pre-sales or customer support, simply drop us an email:
lauren@cardiaclauren.co.uk
Monday to Friday, 9am-5pm GMT

4. You need to agree to the terms and conditions and then click on **Go to Step #2**

I have read and agree to the [Terms of Use](#) and [Privacy Policy](#). I understand I can cancel at any time using the 'one-click' cancel option in my account. This will stop any future subscription payments from being charged, and my access to the service will expire at the end of the current subscription period.

I agree to the Terms & Conditions

GO TO STEP #2



5. It will take you to the payment screen where you enter your card details. We use Stripe (which is like PayPal) and so I, and Avenue Health Ltd, do not have access to your card details but they are kept securely.

← Avenue Health Limited

Cardiac Lauren

£40.00

£40.00 for the first month, then £20.00 for each month



This will show the amount due.
Ensure you have used the **Coupon Code** on the previous page to access your discount.

Powered by [stripe](#) | [Terms](#) | [Privacy](#)

Pay

Or pay with card

Email lauren.staines@talk21.com

Card information

1234 1234 1234 1234   

MM / YY CVC 

Name on card

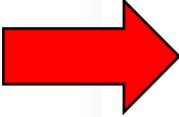
Country or region

United Kingdom 

Postal code

Pay £40.00

By confirming your payment, you allow Avenue Health Limited to charge your card for this payment and future payments in accordance with their terms.



6. You will then receive a confirmation email of payment and your login details for the website. Check your spam email folder in case it has gone in there.