



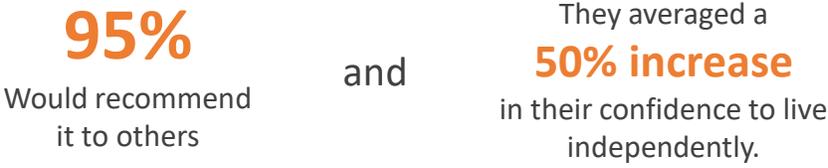
**LIFE SKILLS**  
REIMAGINED

Welcome to  
**Life Skills Reimagined!**

A new way to learn the  
critical life skills  
you need to be self-sufficient.

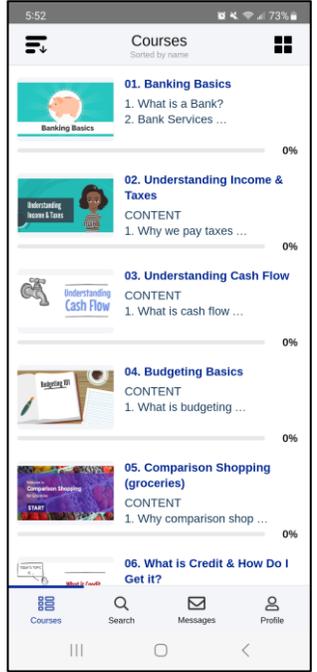
**Learner Approved!**

Life Skills Reimagined is the newest, most innovative online life skills program available. Learner feedback was included at every step of the program design and development. In a survey of more than 500 foster youth ages 16-22 who completed the program:



**With Life Skills Reimagined, you'll**

- Access courses online on a computer or on a phone or tablet through the mobile app.
- Have your own login and dashboard.
- Watch animated videos and complete one page Application Guides and other workbooks.
- Have discussions about what you learned.
- See your progress, earn points and badges.
- Create Action Plans to continue to improve your skills.
- If you use the mobile app, you can download modules and complete them offline.
- If you have physical impairments or speak Spanish, there are built in supports to help you along the way.



**LYFT**  
LEARNING



A new way to learn the critical life skills you need to be independent.

### Login

**URL:** <https://kygov-lyftlearning.talentlms.com>

**Username:** Your full name + year of birth, exactly as it is in TWIST, or your email address if you have updated it in the platform. JohnTSmith2005

**Password:** Password!

### First Steps

**1. Work through the Getting Started Content.**

- Make sure you select “Update User” after updated your email address.

**2. Open:** *How to Use the Mobile App* for instructions to download it to your phone or mobile device (if available).

- If you received an Aetna SKY program phone after 3/1/23 that app is on your phone.
- To sign in to the mobile app, you’ll need to know your domain name. If you look at your URL above, your domain name is the first half.

1. Getting Started	
01a. Read First - Learner Instructions KY - After login (02/20)	0%
01b. Update Email Address (02/26)	0%
01c. W-9 notice (02/26)	0%
01. Watch First - Getting Started Video (02/10)	0%
02. Getting Started Step-by-Step Guide (PDF) (02/20)	0%
03. How to Use the Mobile App - Updated 01/2023 (02/20)	0%



Apple



Android

Your domain name: is “kygov-lyftlearning”  
Login using your username and password.

**3. Start Personal Finance:** Take the baseline quiz, the work your way through the Courses and Workbooks. Your facilitator may have a specific order or timeline they want you to follow.

- Courses have 2 parts – the Module (content and knowledge checks) and a one page Application Guide worksheet.
- Print off the worksheets and workbooks as you go, or your facilitator may provide copies of the materials to you.

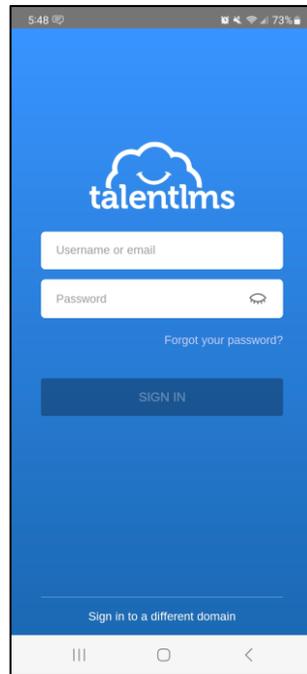
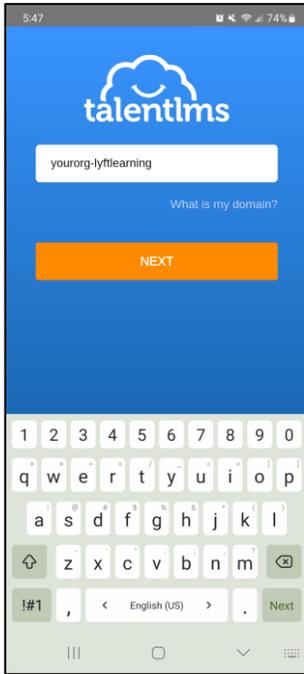
**4. Discuss:** Your Application Guides, Workbooks and Action Plans with your facilitator after you complete them.

**5. When the entire curriculum is complete: Complete the Final Survey** and receive your certificate of completion!

**Don't Rush!** Your brain can only absorb so much information at once. If you want to be able to remember this when you need it, only work 30-60 minutes at a time.



# Using the Mobile App



Aetna Sky Program phones may have the app preloaded.

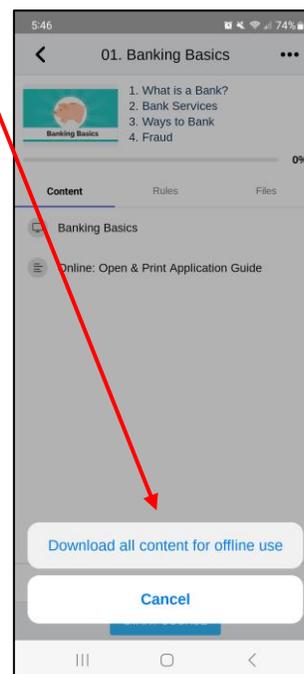
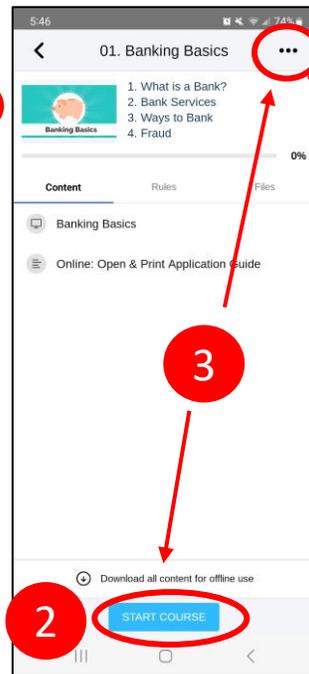
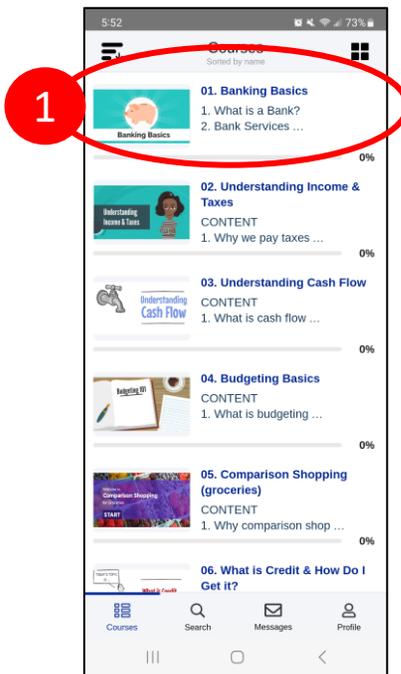
If not

1. Go to your mobile device's App Store. Use the QRC codes to be taken directly to the app.
2. Download *TalentLMS* app
3. Domain: kygov-LyftLearning (same as the web url)
4. Use your standard login

Apple



Android



1. Select the Module you want to watch.
2. Select Start Course
3. Select the Download button (above the Start Course button) or select the 3 dots in the upper right hand corner to download content for offline use.