

How do I reset or change my password?

Last Modified on 04/03/2026 4:00 pm EST

If you would like to change your password or can't log in because you've forgotten your password, enter your email address and select **Forgot password** on the login page. You will be prompted to **Request Reset**.



Log In

example@benchsci.com

[Edit](#)

Password



[Forgot password?](#)

Continue

Don't have an account? [Sign up](#)



Reset Password

Enter your email address and we will send you instructions to reset your password.

example@benchsci.com

Request Reset

[Return To Log In](#)

You'll receive an email with instructions to choose your new password. Your new password must contain:

- 8+ characters
- 1 lowercase letter
- 1 uppercase letter
- 1 number or special character (!@#\$%^&*...)

Password reset does not apply to users logging in through single-sign-on (SSO). If you are having trouble logging in, please reach out through the chatbot.