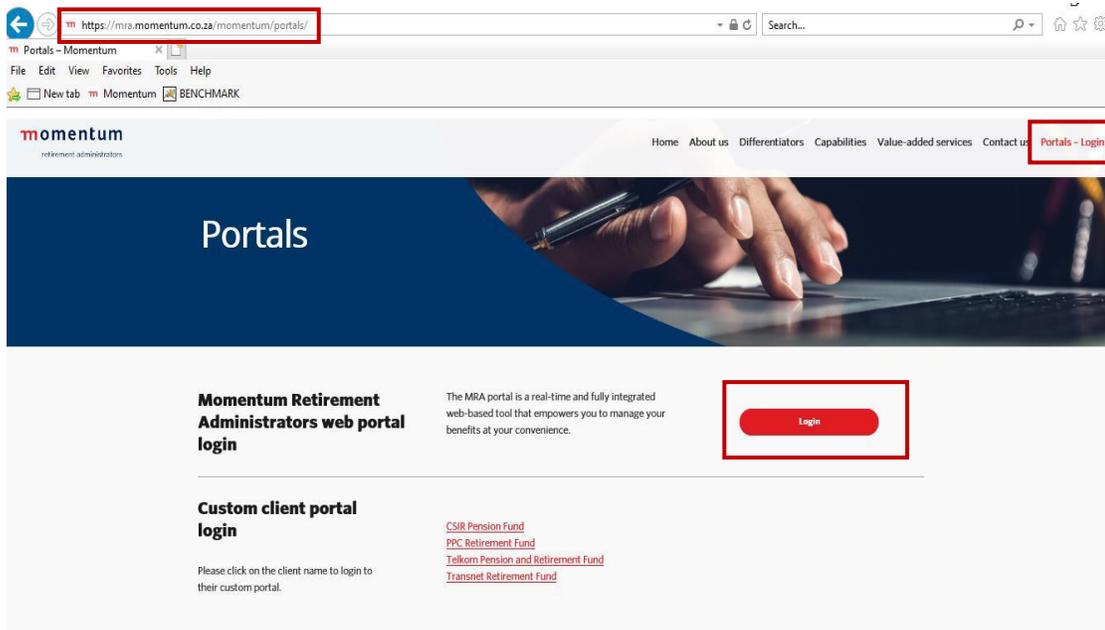**Please follow these steps to access the member portal as a member**

1. To access the member portal please use the following link:
   https://mra.momentum.co.za/momentum/

2. Click on **Portal – Login** and, **Login**

3. Click on **Register:**

4. You will need to complete the details on each of the following tabs:

Details for each section:

a) Please note that after completing each section you will need to click **next** until all sections are completed.

b) The **identification** section (ID number or Passport number) – Please ensure that the information you use matches the information currently in the system. If no match is found, please contact MRA for assistance (mrawebqueries@momentum.co.za)

c) For **personal details** – Select a username that is either your email address/cell number/ a name that is at least 7 characters long. Also, kindly indicate how you will prefer to receive your password communication (SMS or Email). Lastly, please read and accept the terms and conditions before clicking next.

d) Once **complete** and your details are validated by the system, you will be routed to the OTP verification process. An email or SMS will be sent to you with the OTP and should be used within 3 hours of being received. If unable to use it withing 3 hours, please click on resend OTP. Verify the

e) Enter and verify the OTP

How to login after registration

1. Pleas enter your **username and password,** and then click on login. Login can be done via the website (https://mra.momentum.co.za/momentum/)

Or by downloading the MRA app which is available on both Google Play Store and Apple store.

For the app store (Apple): https://apps.apple.com/us/app/metra-members/id499542181?ls=1
For Play store (Android): https://play.google.com/store/apps/details?id=za.co.momentum.mra

Forgot your password?

a) If you have forgot your password, you can request a temporary password that will be send to you via email/SMS.
b) You will need to click on **forgot password** on the login screen

c) Please **click** on the option you would prefer.