

## Pause and Recharge

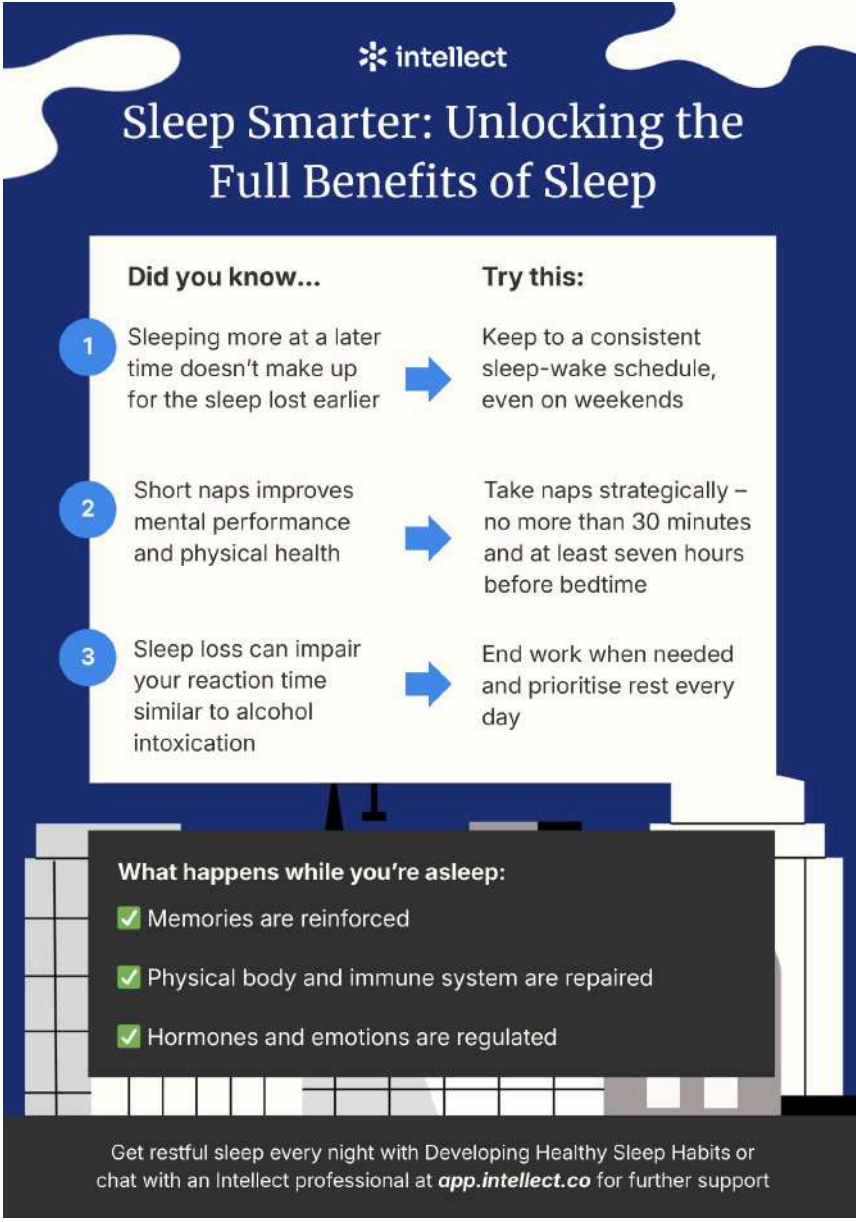
Available in English, Simplified Chinese, Traditional Chinese, Thai, Vietnamese, Japanese, Korean, Bahasa Indo, Spanish, Portuguese (Brazilian), Bahasa Melayu

In lieu of World Sleep Day, we're sharing a campaign that reframes sleep as essential and a priority. Through this, individuals will be more aware of the value of sleep and better equipped to make choices that support healthier sleep habits for their overall wellbeing.



**How to use:** Copy the text below and attach the image as shown. Edit the text in red and delete the yellow highlighted text. Send over chat (e.g. Teams, Slack, Whatsapp, Telegram etc.) to your whole organisation. You may also include this in your company-wide newsletter.

**Suggested send date:** 2 March 2026

### English

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<p><b>z-z:</b> We sleep every day but have you ever wondered why we need the rest?</p> <p>Sleep supports countless processes within the body that can only happen when you are asleep – all working together to help you feel refreshed and recharged in the morning. Sleep isn't a luxury, it's essential. With our wellbeing benefit, Intellect, let's make rest a priority so you will have the energy and focus needed to get you through the day!</p> <p>Check out <a href="#">Developing Healthy Sleep Habits</a> and <a href="#">For Restful Sleep</a> on the Intellect platform to fully unwind and rest.</p> <p>If you haven't already, get started with Intellect on <b>desktop/ mobile</b> to start booking a <b>coaching/ care/ holistic</b> session.</p> <p><b>On Web</b></p> <ol style="list-style-type: none"> <li>1. Visit <a href="http://app.intellect.co">app.intellect.co</a> (please hyperlink here)</li> <li>2. Enter access code CODE*/ Click "Continue with SSO"***</li> <li>3. Create your account using your work email address</li> </ol> <p><b>On App</b></p> <ol style="list-style-type: none"> <li>1. Select 'I'm new here', then 'With your organisation'</li> <li>2. Use the code CODE*/ Click "Continue with SSO"***</li> <li>3. Sign up using your work email address</li> </ol> <p><b>*please use your organisation's unique access code</b>  <b>**for organisations with SSO only</b></p>	<p>Select either the PNG, PDF, or GIF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p><a href="#">PNG version</a>  <a href="#">PDF version</a>  <a href="#">GIF version</a></p>  <p>The infographic features the Intellect logo at the top. The main title is "Sleep Smarter: Unlocking the Full Benefits of Sleep". It is divided into two columns: "Did you know..." and "Try this:". There are three numbered points:</p> <ul style="list-style-type: none"> <li><b>1</b> Did you know... Sleeping more at a later time doesn't make up for the sleep lost earlier. Try this: Keep to a consistent sleep-wake schedule, even on weekends.</li> <li><b>2</b> Did you know... Short naps improves mental performance and physical health. Try this: Take naps strategically – no more than 30 minutes and at least seven hours before bedtime.</li> <li><b>3</b> Did you know... Sleep loss can impair your reaction time similar to alcohol intoxication. Try this: End work when needed and prioritise rest every day.</li> </ul> <p>At the bottom, a box titled "What happens while you're asleep:" lists three benefits with green checkmarks:</p> <ul style="list-style-type: none"> <li>Memories are reinforced</li> <li>Physical body and immune system are repaired</li> <li>Hormones and emotions are regulated</li> </ul> <p>The footer text reads: "Get restful sleep every night with Developing Healthy Sleep Habits or chat with an Intellect professional at <a href="http://app.intellect.co">app.intellect.co</a> for further support"</p>

Simplified Chinese

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<p> 我们每天都会睡觉, 但你有没有想过, 为什么休息对我们这么重要?</p> <p>睡眠支持着身体中许多在入睡时才能完成的关键过程, 让你在早上醒来时精神焕发、充满活力。睡眠不是一种奢侈品, 而是必需品。通过我们的身心健康福利平台 <b>Intellect</b>, 将休息列为优先事项, 为自己带来足够的精力和专注力, 轻松应对每一天。</p> <p>欢迎访问 Intellect 平台, 探索《<a href="#">培养健康睡眠习惯</a>》和《<a href="#">安心入睡</a>》, 帮助你真正放松自己, 好好休息。</p> <p>如果还没有用过 Intellect, 请立即在 <b>桌面/移动设备</b> 上用它来开始预约 <b>辅导、关怀或整体健康</b> 课程。</p> <p> <b>桌面版</b></p> <ol style="list-style-type: none"> <li>1. 访问 <a href="http://app.intellect.co">app.intellect.co</a> (please hyperlink here) 并点击“注册”</li> <li>2. 输入访问代码 <b>CODE*</b>/“使用 <b>SSO</b> 登入”**</li> <li>3. 使用工作邮箱创建账户</li> </ol> <p> <b>移动应用程序</b></p> <ol style="list-style-type: none"> <li>1. 选择“我是新用户”, 然后选择“以组织身份加入”</li> <li>2. 输入访问代码 <b>CODE*</b>/点击“使用 <b>SSO</b> 登入”**</li> <li>3. 使用工作邮箱注册</li> </ol> <p>*请使用贵公司/机构的唯一访问代码 **仅适用于已启用单点登录 (<b>SSO</b>) 的公司/机构</p>	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p><a href="#">PNG version</a> <a href="#">PDF version</a></p>

Traditional Chinese

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<p> 我們每天都在睡覺, 但您有沒有想過, 為什麼休息對我們這麼重要?</p> <p>睡眠支撐著體內無數的運作機制, 而這些修復過程唯有在入睡後才能進行, 它們協同運作, 讓您在早晨醒來時感到煥然一新、電力飽滿。睡眠不是一種奢侈, 而是生活的必需品。透過我們的身心健康福利 Intellect, 讓我們把休息列為首要任務, 確保您擁有充沛的精力和專注力, 從容應對每一天的挑戰!</p> <p>歡迎在 Intellect 平台探索《<a href="#">培養健康睡眠習慣</a>》和《<a href="#">安心入睡</a>》, 幫助您真正放鬆、好好休息。</p> <p>如果您們還沒有準備好, 現在就透過 <b>電腦/手機</b> 使用 Intellect, 預約 <b>輔導/關懷/全面</b> 課程吧!</p> <p> <b>網頁版</b></p> <ol style="list-style-type: none"> <li>1. 瀏覽 <a href="http://app.intellect.co">app.intellect.co</a> (please hyperlink here) 然後按一下「註冊」</li> <li>2. 輸入登入代碼 <b>CODE*</b>/點擊「使用 <b>SSO</b> 登入」**</li> <li>3. 使用你的工作電子郵件創建帳戶</li> </ol> <p> <b>App版</b></p> <ol style="list-style-type: none"> <li>1. 選擇「我是新使用者」(I'm new here), 然後選擇「以組織身份」(With your organisation)</li> <li>2. 輸入登入代碼 <b>CODE*</b>/點擊「使用 <b>SSO</b> 登入」(Continue with SSO)**</li> <li>3. 使用您的工作電子郵件創建帳戶</li> </ol> <p>*請使用您所在企業的唯一登入代碼 **只限支持單一登入的企業</p>	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p><a href="#">PNG version</a> <a href="#">PDF version</a></p>

## Thai

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<p>🚀 เรานอนหลับทุกวัน แต่เคยสงสัยไหมว่าทำไมการพักผ่อนจึงสำคัญกับเรามากขนาดนี้</p> <p>การนอนหลับช่วยสนับสนุนกระบวนการสำคัญมากมายในร่างกาย ซึ่งเกิดขึ้นได้ก็ต่อเมื่อคุณหลับเท่านั้น ทั้งหมดนี้ทำงานร่วมกันเพื่อให้คุณตื่นขึ้นมาในตอนเช้าด้วยความสดชื่นและมีพลัง การนอนหลับไม่ใช่เรื่องฟุ่มเฟือย แต่เป็นสิ่งจำเป็น ด้วย Intellect สิทธิประโยชน์เพื่อสุขภาพที่ดีของเรา มาร่วมกันให้ความสำคัญกับการพักผ่อน เพื่อให้คุณมีพลังและสมาธิพร้อมรับมือกับแต่ละวัน!</p> <p>ลองเข้าไปดูคอนเทนต์ '<a href="#">สร้างนิสัยการนอนหลับที่ดี</a>' และ '<a href="#">เพื่อการนอนหลับอย่างผ่อนคลาย</a>' บนแพลตฟอร์ม Intellect เพื่อช่วยให้คุณผ่อนคลายและพักผ่อนได้อย่างเต็มที่</p> <p>หากคุณยังไม่เคยใช้งานมาก่อน คุณสามารถเริ่มใช้งาน Intellect ได้ทั้งบน <b>เดสก์ท็อป/ โน้ตบุ๊ก</b> เพื่อเริ่มต้นการจองเซสชัน <b>การโค้ช/ การดูแล/ แบบองค์รวม</b></p> <p><b>ผ่านเว็บไซต์</b></p> <ol style="list-style-type: none"><li>1. เข้าไปที่ <a href="http://app.intellect.co">app.intellect.co</a> (please hyperlink here) และคลิก "สมัครใช้งาน"</li><li>2. ป้อนรหัสสิทธิ์เข้าถึง CODE*/ คลิกที่ "ดำเนินการต่อด้วย SSO" **</li><li>3. ใช้ที่อยู่อีเมลที่ทำงานของคุณเพื่อสร้างบัญชี</li></ol> <p><b>ผ่านแอป</b></p> <ol style="list-style-type: none"><li>1. เลือก "ฉันเป็นผู้ใช้ใหม่" (I'm new here) ตามด้วย "เข้าใช้งานด้วยองค์กรของคุณ" (With your organisation)</li><li>2. ใช้รหัส CODE*/ คลิกที่ "ดำเนินการต่อด้วย SSO" (Continue with SSO) **</li><li>3. ใช้ที่อยู่อีเมลที่ทำงานของคุณเพื่อสมัครใช้งาน</li></ol> <p>*โปรดใช้รหัสสิทธิ์เข้าถึงขององค์กรของคุณโดยเฉพาะ **สำหรับองค์กรที่ใช้ระบบ SSO เท่านั้น</p>	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p><a href="#">PNG version</a> <a href="#">PDF version</a></p>

## Vietnamese


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<p>🚀 Chúng ta ngủ mỗi ngày, nhưng bạn đã bao giờ tự hỏi vì sao việc nghỉ ngơi lại quan trọng đến vậy chưa?</p> <p>Giấc ngủ hỗ trợ rất nhiều quá trình quan trọng trong cơ thể – những quá trình chỉ có thể diễn ra khi bạn đang ngủ – giúp bạn thức dậy vào buổi sáng với cảm giác tỉnh táo và tràn đầy năng lượng. Giấc ngủ không phải là một điều xa xỉ, mà là điều thiết yếu. Cùng với phúc lợi chăm sóc sức khỏe Intellect, hãy ưu tiên nghỉ ngơi để bạn có đủ năng lượng và sự tập trung cho cả ngày dài.</p> <p>Khám phá các nội dung '<a href="#">Xây dựng thói quen ngủ lành mạnh</a>' và '<a href="#">Cho giấc ngủ thư thái</a>' trên nền tảng Intellect để thật sự thư giãn và nghỉ ngơi trọn vẹn.</p> <p>Nếu bạn chưa bắt đầu, hãy truy cập Intellect trên <b>máy tính/ điện thoại</b> để đặt lịch hẹn với chuyên gia <b>khai vấn/ tham vấn hoặc chăm sóc sức khỏe toàn diện</b> ngay hôm nay!</p> <p><b>Trên máy tính</b></p> <ol style="list-style-type: none"><li>1. Truy cập <a href="http://app.intellect.co">app.intellect.co</a> (please hyperlink here)</li></ol>	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p><a href="#">PNG version</a> <a href="#">PDF version</a></p>

<p>2. <b>Nhập mã truy cập CODE* / Nhấn "Continue with SSO" (Tiếp tục với chế độ Đăng nhập một lần (SSO))**</b></p> <p>3. <b>Tạo tài khoản bằng email công việc của bạn</b></p> <p><b>Trên ứng dụng</b></p> <ol style="list-style-type: none"> <li>1. <b>Chọn "I'm new here" (Tôi là người mới), sau đó chọn "With your organisation" (Với tổ chức của bạn)</b></li> <li>2. <b>Nhập mã truy cập CODE* / Nhấn "Continue with SSO" (Tiếp tục với chế độ Đăng nhập một lần (SSO))**</b></li> <li>3. <b>Đăng ký bằng địa chỉ email công việc của bạn</b></li> </ol> <p><b>*mã truy cập duy nhất sẽ do tổ chức của bạn cung cấp</b>  <b>**áp dụng cho tổ chức dùng SSO</b></p>	
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**Japanese**

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<p> 私たちは毎日眠っていますが、なぜ休息が必要なのか考えたことはありますか？</p> <p>体内では睡眠中にしか行われぬ大切なプロセスが働いており、それらが連携することで、朝には心身ともにリフレッシュし、すっきりと目覚めることができます。睡眠は贅沢ではなく、欠かせないものです。</p> <p>ウェルビーイング・サービスのIntellectとともに、休息を大切に、1日を乗り切るための活力と集中力を整えましょう。</p> <p>Intellect プラットフォームで '<a href="#">健康的な睡眠習慣を身につける</a>' や '<a href="#">心地よい眠りのために</a>' をチェックして、心からリラックスできる時間を取り入れてみてください。</p> <p>まだIntellectを始めていない方は、<a href="#">デスクトップまたはスマホから コーチング / ケア / ホリスティック セッション</a>をご予約ください。</p> <p><b>ウェブ版</b></p> <ol style="list-style-type: none"> <li>1. <a href="#">app.intellect.co</a>にアクセス (<a href="#">please hyperlink here</a>) そして「続ける」をクリック</li> <li>2. アクセスコード<b>CODE</b>を入力* / 「<b>SSO</b>で続ける」**をクリック</li> <li>3. 勤務先のメールアドレスを使用してアカウントを作成</li> </ol> <p><b>アプリ版</b></p> <ol style="list-style-type: none"> <li>1. 「アカウントを作成」を選択し、「組織コード」を選択</li> <li>2. アクセスコード<b>CODE</b>を入力* / 「<b>SSO</b>で続ける」**をクリック</li> <li>3. 勤務先のメールアドレスを使用してサインアップ</li> </ol> <p><b>*組織固有のアクセスコードを使用してください。</b>  <b>**SSOを持つ組織のみ</b></p>	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p><a href="#">PNG version</a>  <a href="#">PDF version</a></p>

**Korean**

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<p> 우리는 매일 잠을 자지만, 왜 휴식이 꼭 필요한지 생각해본 적 있나요?</p> <p>수면은 잠들어 있을 때만 가능한 수많은 신체 활동을 지원하며, 이 모든 과정이 함께 작용해 아침에 더 상쾌하고 에너지가 넘치도록 도와줍니다. 수면은 사치가 아니라 필수입니다.</p> <p>웰빙 혜택 Intellect와 함께 휴식을 우선순위에 두고, 하루를 버텨낼 에너지와 집중력을 회복해 보세요.</p>	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p><a href="#">PNG version</a>  <a href="#">PDF version</a></p>

Intellect 플랫폼에서 ['건강한 수면 습관 만들기'](#)와 ['편안한 수면을 위해'](#) 콘텐츠를 확인하고, 제대로 쉬어보세요.

아직 시작하지 않으셨다면, [데스크톱/ 모바일](#) 기기에서 Intellect에 접속하여 [코칭/ 케어/ 종합](#) 세션 예약을 시작해 보세요.

#### 🖥️ 웹에서 이용하기

1. [app.intellect.co](#) 접속하기 **(please hyperlink here)**
2. 액세스 코드 **CODE\***를 입력하거나 / **"SSO로 시작"**을 클릭하기
3. 업무용 이메일 주소로 계정 생성하기

#### 📱 앱에서 이용하기

1. **"I'm new here"** (신규 회원 가입) 선택 후 **"With your organisation"** (회사 계정으로 가입) 선택하기
2. 코드 **CODE\***를 입력하거나 / **"SSO로 시작"** 클릭하기
3. 업무용 이메일 주소로 가입하기

\*귀하의 조직에 해당하는 고유한 액세스 코드를 사용하세요

\*\*SSO를 사용하는 조직에만 해당합니다

## Bahasa Indo

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<p>👉 Kita tidur setiap hari, tapi pernahkah kamu bertanya mengapa istirahat itu begitu penting?</p> <p>Tidur mendukung banyak proses penting dalam tubuh yang hanya bisa terjadi saat kamu tertidur – semuanya bekerja bersama untuk membuatmu bangun pagi dengan perasaan segar dan berenergi. Tidur bukanlah kemewahan, melainkan kebutuhan.</p> <p>Bersama manfaat kesejahteraan Intellect, mari jadikan istirahat sebagai prioritas agar kamu punya energi dan fokus untuk menjalani hari.</p> <p>Jelajahi <a href="#">'Untuk Tidur yang Lebih Nyenyak'</a> dan <a href="#">'Membangun Kebiasaan Tidur yang Sehat'</a> di platform Intellect untuk benar-benar rileks dan beristirahat dengan optimal.</p> <p>Jika kamu belum melakukannya, mulailah dengan Intellect di perangkat <b>desktop/ seluler</b> untuk memesan sesi <b>pelatihan/ perawatan/ holistik</b>.</p> <p>🖥️ <b>Di Web</b></p> <ol style="list-style-type: none"><li>1. Kunjungi <a href="#">app.intellect.co</a> <b>(please hyperlink here)</b> dan klik <b>"Continue"</b></li><li>2. Masukkan kode akses <b>CODE*/ Klik "Continue with SSO"</b>**</li><li>3. Buat akun menggunakan alamat email kantormu</li></ol> <p>📱 <b>Di Aplikasi</b></p> <ol style="list-style-type: none"><li>1. Pilih <b>"I'm new here"</b>, lalu <b>"With your organisation"</b></li><li>2. Masukkan kode akses <b>CODE*/ Klik "Continue with SSO"</b>**</li><li>3. Daftar menggunakan alamat email kantormu</li></ol> <p>* gunakan kode akses unik organisasimu **hanya bagi organisasi yang memiliki SSO</p>	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p><a href="#">PNG version</a> <a href="#">PDF version</a></p>

Spanish

Copy	Images to attach
<p>¿Dormimos todos los días, pero ¿alguna vez te has preguntado por qué el descanso es tan importante?</p> <p>El sueño apoya innumerables procesos en el cuerpo que solo ocurren mientras duermes, trabajando en conjunto para que despiertes por la mañana sintiéndote renovado y con energía. Dormir no es un lujo, es esencial.</p> <p>Con nuestro beneficio de bienestar, Intellect, hagamos del descanso una prioridad para tener la energía y el enfoque necesarios cada día.</p> <p>Descubre <a href="#">‘Desarrollar hábitos de sueño saludables’</a> y <a href="#">‘Para un descanso reparador’</a> en la plataforma de Intellect para relajarte por completo y descansar mejor.</p> <p>Si aún no lo has hecho, comienza con Intellect en tu <b>computadora o celular</b> y agenda tu sesión de <b>coaching/ bienestar/ cuidado holístico</b>.</p> <p><b>En la web</b></p> <ol style="list-style-type: none"> <li>1. Visita <a href="http://app.intellect.co">app.intellect.co</a>. (please hyperlink here) y haz clic en “Inscribirse”</li> <li>2. Ingresa el código de acceso CODE* o selecciona “Continuar con SSO”**.</li> <li>3. Crea tu cuenta con tu correo electrónico laboral.</li> </ol> <p><b>En la app</b></p> <ol style="list-style-type: none"> <li>1. Selecciona “I’m new here” y luego “With your organisation”.</li> <li>2. Ingresa el código CODE* o selecciona “Continue with SSO”**.</li> <li>3. Regístrate con tu correo electrónico laboral.</li> </ol> <p>*Usa el código único de acceso de tu empresa. **Solo para empresas con SSO.</p>	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p><a href="#">PNG version</a> <a href="#">PDF version</a></p>

Portuguese (Brazilian)

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<p>¿Dormimos todos os dias, mas você já parou para pensar por que o descanso é tão importante?</p> <p>O sono apoia inúmeros processos no corpo que só acontecem enquanto você dorme – todos trabalhando juntos para que você acorde se sentindo renovado e com mais energia. Dormir não é um luxo, é essencial.</p> <p>Com o benefício de bem-estar Intellect, vamos priorizar o descanso para ter mais energia e foco ao longo do dia.</p> <p>Confira <a href="#">‘Desenvolvendo hábitos de sono saudáveis’</a> e <a href="#">‘Para um sono mais reparador’</a> na plataforma Intellect para relaxar de verdade e descansar melhor.</p> <p>Comece a usar o Intellect no <b>desktop/celular</b> e agende uma sessão de <b>treinamento/cuidados/holística</b>.</p> <p><b>Na Internet</b></p> <ol style="list-style-type: none"> <li>1. Acesse <a href="http://app.intellect.co">app.intellect.co</a> (please hyperlink here) e clique em “Cadastrar-se”</li> <li>2. Insira o código de acesso CÓDIGO*/ Clique em “Continuar com o SSO”**</li> <li>3. Crie sua conta usando seu e-mail de trabalho</li> </ol>	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p><a href="#">PNG version</a> <a href="#">PDF version</a></p>

<p><b>📱 No aplicativo</b></p> <ol style="list-style-type: none"> <li>1. Seleccione "I'm new here" e em seguida "With your organisation"</li> <li>2. Utilize o código CÓDIGO*/ Clique em "Continue with SSO"**</li> <li>3. Registre-se usando seu e-mail de trabalho</li> </ol> <p>*use o código de acesso exclusivo da sua organização **somente para organizações com SSO</p>	
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## Bahasa Melayu

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<p>🚩 Kita tidur setiap hari, tetapi pernahkah anda terfikir mengapa rehat begitu penting?</p> <p>Tidur menyokong pelbagai proses penting dalam badan yang hanya berlaku ketika anda tidur – semuanya bekerjasama untuk membantu anda bangun pagi dengan rasa segar dan bertenaga. Tidur bukanlah suatu kemewahan, ia adalah keperluan.</p> <p>Dengan manfaat kesejahteraan Intellect, mari jadikan rehat sebagai keutamaan supaya anda mempunyai tenaga dan fokus untuk menjalani hari.</p> <p>Terokai Membina '<a href="#">Tabiat Tidur Yang Sihat</a>' dan '<a href="#">Untuk Tidur Yang Lebih Lena</a>' di platform Intellect untuk benar-benar berehat dan menenangkan diri.</p> <p>Jika anda belum berbuat demikian, mulakan perjalanan anda dengan Intellect di <b>komputer/ alat mudah alih</b> anda untuk menempah sesi <b>kejurulatan/ penjagaan/ menyeluruh</b>.</p> <p><b>🌐 Di Web</b></p> <ol style="list-style-type: none"> <li>1. Lawati <a href="http://app.intellect.co">app.intellect.co</a> (please hyperlink here)</li> <li>2. Masukkan kod akses CODE*/ Klik "Teruskan dengan SSO" (Continue with SSO)**</li> <li>3. Cipta akaun menggunakan alamat e-mel kerja anda</li> </ol> <p><b>📱 Di Aplikasi</b></p> <ol style="list-style-type: none"> <li>1. Pilih 'Saya pengguna baharu di sini' (I'm new here), kemudian 'Dengan organisasi anda' (With your organisation)</li> <li>2. Masukkan kod CODE*/ Klik "Teruskan dengan SSO" (Continue with SSO)**</li> <li>3. Daftar menggunakan alamat e-mel kerja anda</li> </ol> <p>*sila gunakan kod akses unik organisasi anda **hanya untuk organisasi dengan SSO</p>	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p><a href="#">PNG version</a> <a href="#">PDF version</a></p>