Whether you've forgotten your credentials or just want to make your Pluralsight account more secure, there are a few ways you can change your password.

**Note:** If you're on a plan with single sign-on (SSO) enabled, you may not have a password that can be reset.

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**Forgot password**

To request a password reset, click the **Forgot password?** link on the Skills login page (opens in new tab) or the Flow login page (opens in new tab). After submitting your email address, you should receive an email within 10-15 minutes. Your new password must be at least 8 characters long.

**Important:** If you don't see an email in your inbox or spam/junk folder within 10-15 minutes, please contact Pluralsight Support (opens email form) to request a password reset.

**Update password**

If you're already logged into your Pluralsight account and don't know your password, you can update your password through your account page (opens in new tab) using these steps.

**Note:** This option may not be available if you're on a plan with single sign-on (SSO) enabled.
1. Click your avatar in the top right corner, then click **Account settings**.

2. Scroll to the **Password** section.

3. Click **Forgot password?** under **Current password**.

4. Enter your email address on the next page.

5. Check your email inbox for a link to reset your password.

If you **do** know your current password and you’re signed in to your Pluralsight account, here’s how to change your password:

1. Click your avatar in the top right corner, then click **Account settings**.

2. Scroll to the **Password** section.

3. Enter your current password and your new password. This must be at least 8 characters long.

4. Click **Update**.

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**Forgot email address**

If you’ve forgotten the email address used to create your account, please contact [Pluralsight Support](mailto:support@pluralsight.com) with the following details (if applicable):

- Your first and last name
- How you signed up for the account
- The last 4 digits of the credit card registered to your account

If you need help, please email support@pluralsight.com for 24/7 assistance.