

# How to log in

## How to

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We have provided instructions on how to log in to TAB.

1. To log in to your account, click 'Login' in the top right hand corner of the website, or log in [here](#).
2. Enter your email address in the box provided.
3. Then enter your password which consists of a mix of uppercase, lowercase and special characters.
4. If two-factor authentication is enabled, it will deliver a single-use verification code to your preferred phone number by SMS or phone call every time you log in.
5. Once you have entered these details you should be able to access your account.

Should you have any questions, please get in touch via email at [help@tabhq.com](mailto:help@tabhq.com) or phone **0208 057 9070**.



**Capital is at risk.** Property values can go down as well as up. Borrowers may default and investments may not perform as expected. Interest and income are not guaranteed. Returns may vary. You should not invest more than you can afford to lose. TAB is not authorised by the Financial Conduct Authority. Investments are not regulated and you will have no access to the Financial Services Compensation Scheme (FSCS) or the Financial Ombudsman Service (FOS). Past performance and forecasts are not reliable indicators of future results and should not be relied on. Forecasts are based on TAB's own internal calculations and opinions and may change. Investments are illiquid. Once invested, you are committed for the full term. Tax treatment depends on individual circumstances and may change.

You are advised to obtain appropriate tax or investment advice where necessary. Understand more about the key risks [here](#).

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