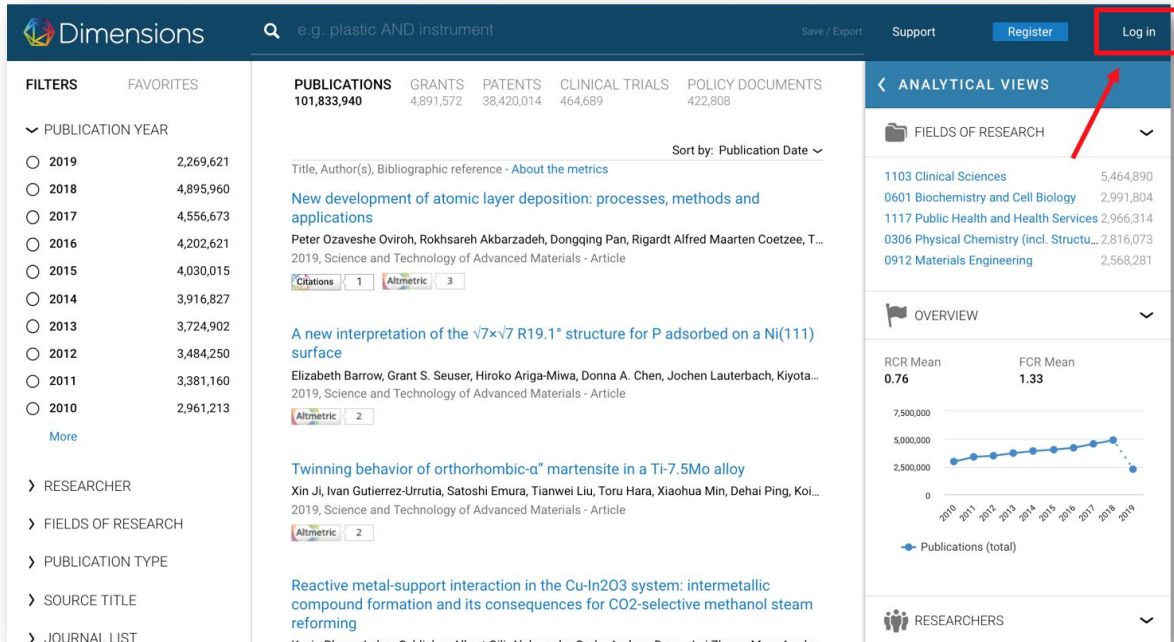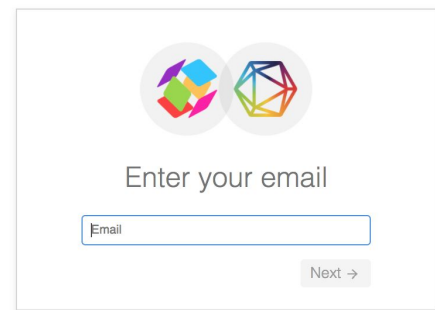# SSO log in process

You are able to log into Dimensions using your institutional login details. This works as follows -

1. Simply go to app.dimensions.ai, and click on "Log in" in the top right corner of the page.
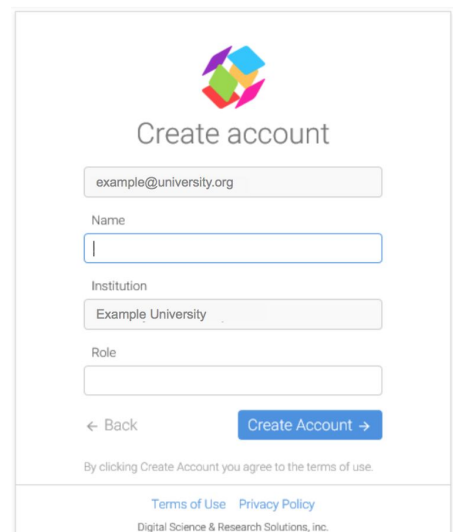

2. On the next screen enter your institutional email address.

3. This will be recognised, and you will be redirected to the institutional SSO login page for authentication. (PLEASE NOTE - The first time that you do this, you will be required to confirm your identity by a verification code which is sent to your email address, and must then be input into the system. There then follows a screen where you need to confirm your details for account registration, which looks like the "Create account" picture here)

4. Once you are authenticated, you are automatically returned to the Dimensions page where you will be logged in, see all five data types, and be able to save searches and export results lists (with up to 5,000 results per download).