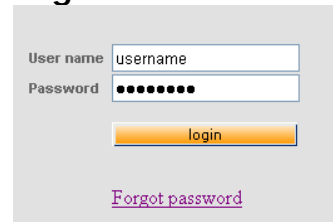


ADAMS TUE QUICK REFERENCE CARD FOR ATHLETES

**Request username and password from your ADO for you and/or your doctor**

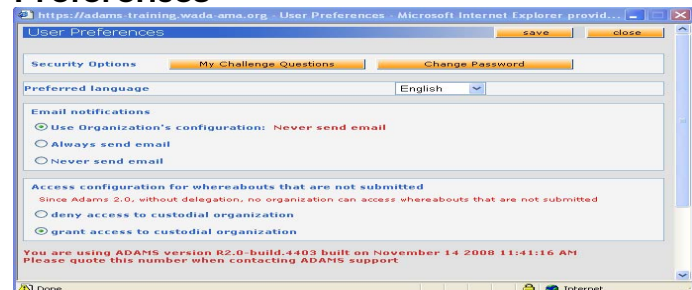
- Send an email to your International Federation (IF) or National Anti-Doping Organization (NADO) depending on your RTP level. The message must include your doctor name and contact details including email address

**Log into ADAMS on the Internet.**



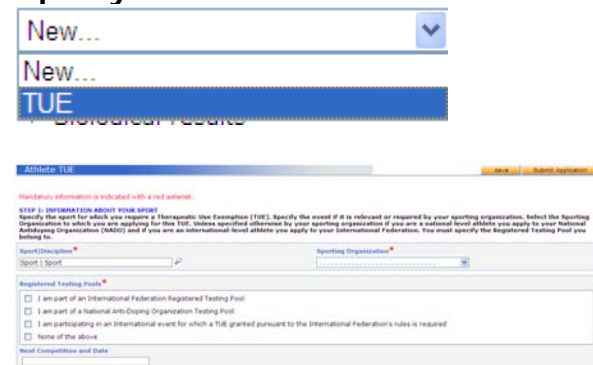
- Make sure that your pop-up blocker is disabled
- Go to <http://adams.wada-ama.org>.
- Enter your new username and password
- Click [login]
- When you log in for the first time, an information form will appear.
  - Read the statement
  - Type your password to indicate your acknowledgment
  - Click [Accept]

**Update your Profile and set your Preferences**



- Click [My Profile] for updating your profile if required
- To set your Preferences click on your *name* displayed at the right top in the header on the Home page
- Adjust your Password, select your Language, indicate whether you want to receive notifications on your email address (as set in your profile) if desired
- Click [Save] to save your modifications

**Open your TUE form**



- Expand the **New** drop down and select TUE:
- Complete the mandatory fields (with \*)
  - RTP information
  - physician details
  - diagnosis
  - medication
  - attachment (Medical file)
- **Save**, review your information  
*The save option is a draft only available to you.*  
*You will not be able to modify any data once you submit your application.*  
*Your IF and NADO will only see your TUE application once you submit your application.*

Click **Submit Application**

**ADAMS Helpdesk**

email: [adams@wada-ama.org](mailto:adams@wada-ama.org) • North America: 1 866 922 3267 • International: +1 514 904 8800  
Business Hours: 09:00 – 17:00 Eastern Time, Monday through Friday