



[Knowledgebase](#) > [Account and user settings](#) > [How do I log out of my account?](#)

## How do I log out of my account?

Mari Opstad - 2026-02-11 - [Comments \(0\)](#) - [Account and user settings](#)

## How do I log out of my account?

### How to log out in the Care Tracker app:

1. Open the **Care Tracker app**.
2. Tap the gear icon in the top right corner to open **Settings**.
3. Scroll to the bottom of the menu.
4. Tap **Log out**.

You'll be redirected to the login screen.

### How to log out in the Subscription Management portal:

1. Go to **Subscription Management** - [here](#).
2. In the menu on the left, scroll all the way down.
3. Tap **Log out**.

### Tip:

When you log in again, use your email address and password.

If you've forgotten your password, select "Forgot password" on the login screen to reset it.

### Note:

Your settings and devices are saved even after logging out - you won't lose any data.