



# ChatGPT Without the Jitters

chatgpt.com



## Questions (Prompts) to Try:



### Everyday Life

- What are some easy, healthy dinners for one or two people?
- Give me ideas for staying active indoors.
- What are fun activities to do on a rainy day?
- I want to make a perfect cup of coffee. Teach me how with a photo tutorial.
- I don't belong to a gym. Make a no-equipment, 20 minute home workout for a person in their 70's with osteoarthritis.



### Learning & Curiosity

- Explain Medicare in simple terms.
- What happened in the 1960s that changed America?
- Explain how the internet works in simple language.



### Travel & Fun

- Suggest a relaxed vacation for seniors in the U.S. (can include regions, states, time of year, etc)
- What are good day trips near me?
- What should I pack for a short trip?



### Writing Help

- I can't make a meeting anymore, draft a kind text asking to reschedule
- Help me write a friendly email to my grandchildren. (Can add names, other details to include in the email)
- Rewrite this note to sound warmer. (Upload or copy/paste text into the chat area)



### Entertainment

- Suggest movies I might enjoy if I like classic films.
- What were popular songs in the 1950s?
- Give me book recommendations for seniors. (Can add genre, favorite author, etc)

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## Creating a Free ChatGPT Account

### What You Need Before You Start

- ✓ An email address you can open right now
- ✓ Your phone nearby (for a one-time code)
- ✓ A password you can remember or write down.

### OPTION 1: Create an Account on a Computer in a Web Browser

#### Step 1: Go to the Website:

1. Open Safari, Chrome, or Edge
2. In the address bar type: **chatgpt.com**
3. You will see a **Sign up for Free** option in upper right corner

#### Step 2: Start Sign Up

4. Click **Sign up for Free**

#### Step 3: Choose **How** to Sign Up

5. Choose ONE:
  - Continue with Google
  - Continue with Apple
  - Continue with Microsoft
  - Continue with phoneOR
  - Continue with Email
  - Click Continue

**Note:** Using Google or Apple are the easiest if you already have one of those accounts and are signed in.

#### Step 4: Verify Your Account

6. If using email:
  - Verify your email address
  - Create a password at least 12 characters
7. Open your email inbox
8. Look for an email from OpenAI with a 6 digit code
9. Enter the code on the ChatGPT website page;  
Enter your name (can be fake)  
Enter a birthdate (can be fake but make it over 18)

**Note:** Use a different device to open your email to get the code from Open AI, then enter the code to complete the verification

## Step 5: Phone Verification (If Asked)

10. Enter your phone number
11. Type the code sent to your phone

✔ You're done!

## OPTION 2: Create an Account on a Phone or iPad

### Recommended: Use the Official App



#### Step 1: Install the App

1. Open the App Store (iPhone/iPad) or Google Play (Android)
2. Search for ChatGPT with the ChatGPT icon shown above (there are many that resemble it)
3. Install the app by **OpenAI**
4. Open the app

#### Step 2: Sign Up

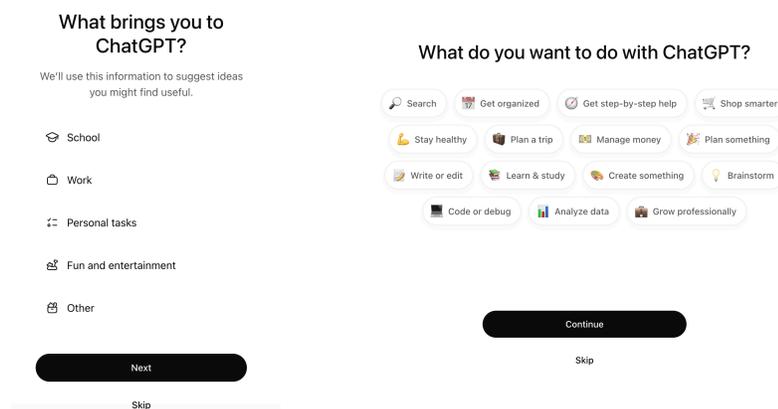
5. Tap Sign up
6. Choose Email, Google, or Apple
7. Verify email and phone

(same steps as above)

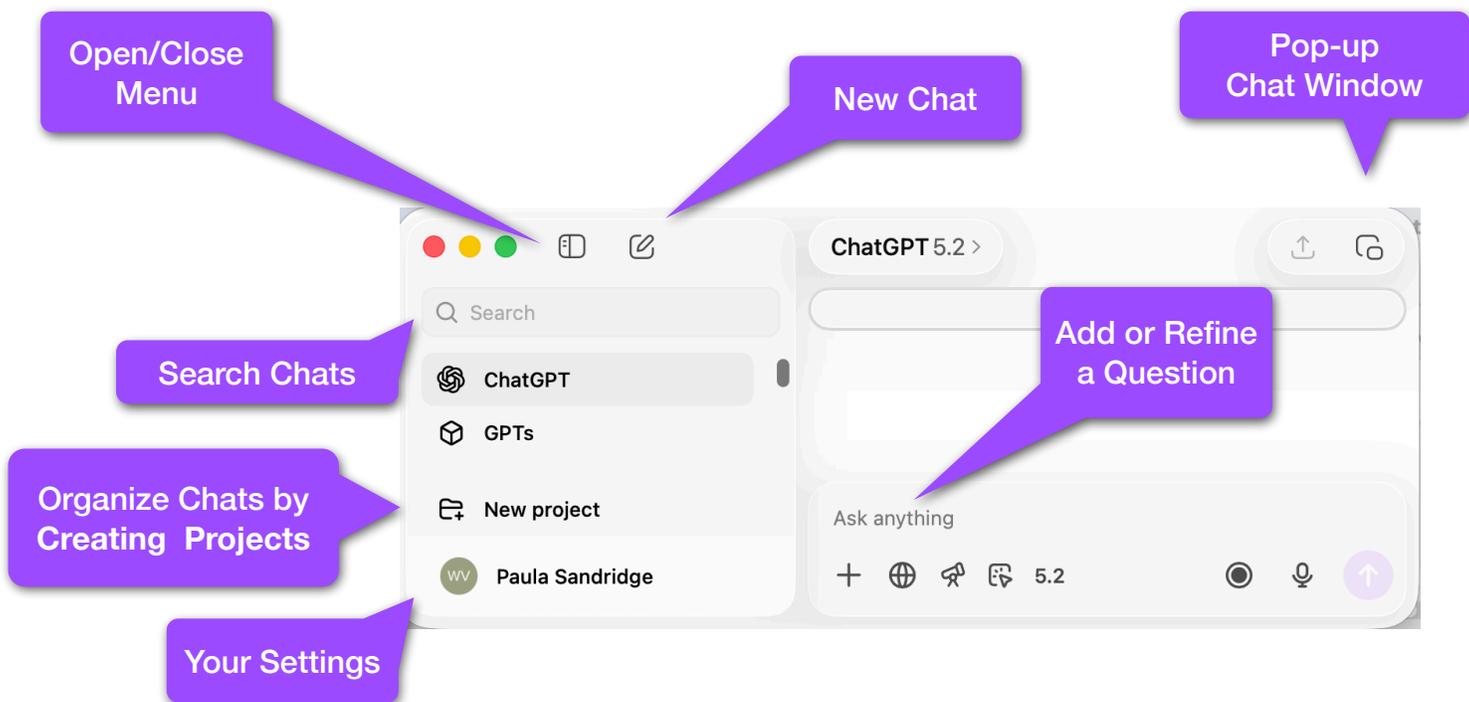
✔ You're ready to use ChatGPT!

**Note:** Using Google or Apple are the easiest if you already have one of those accounts and are signed in.

You may be asked a few questions .... answer or skip as desired.



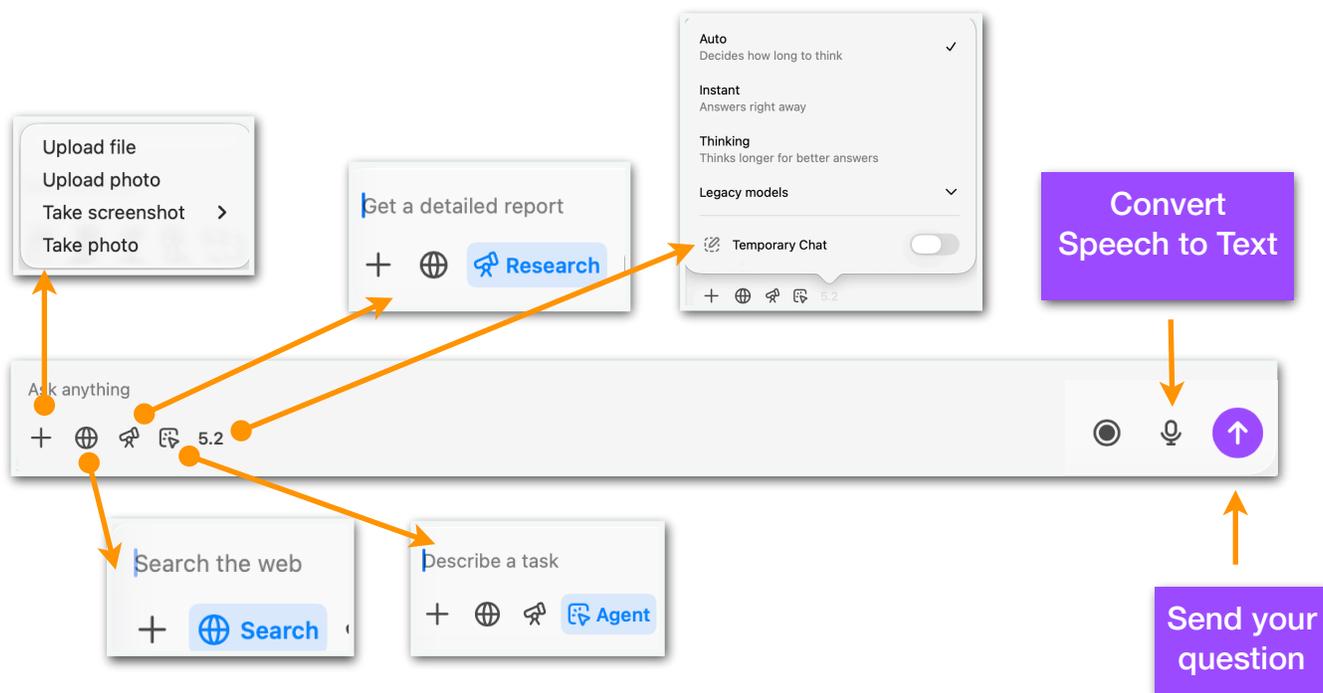
## ChatGPT on Web Browser in Free Account



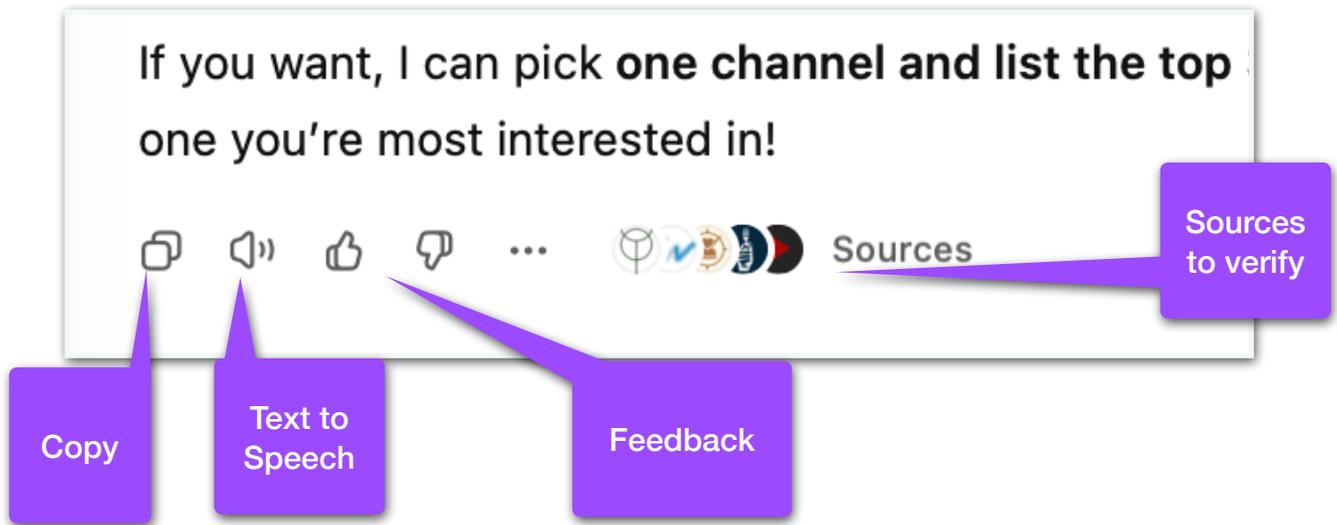
To ask a question, look for the empty field at the bottom of the screen that says:

**Ask anything** and start typing or use your device microphone to enable speech to text.

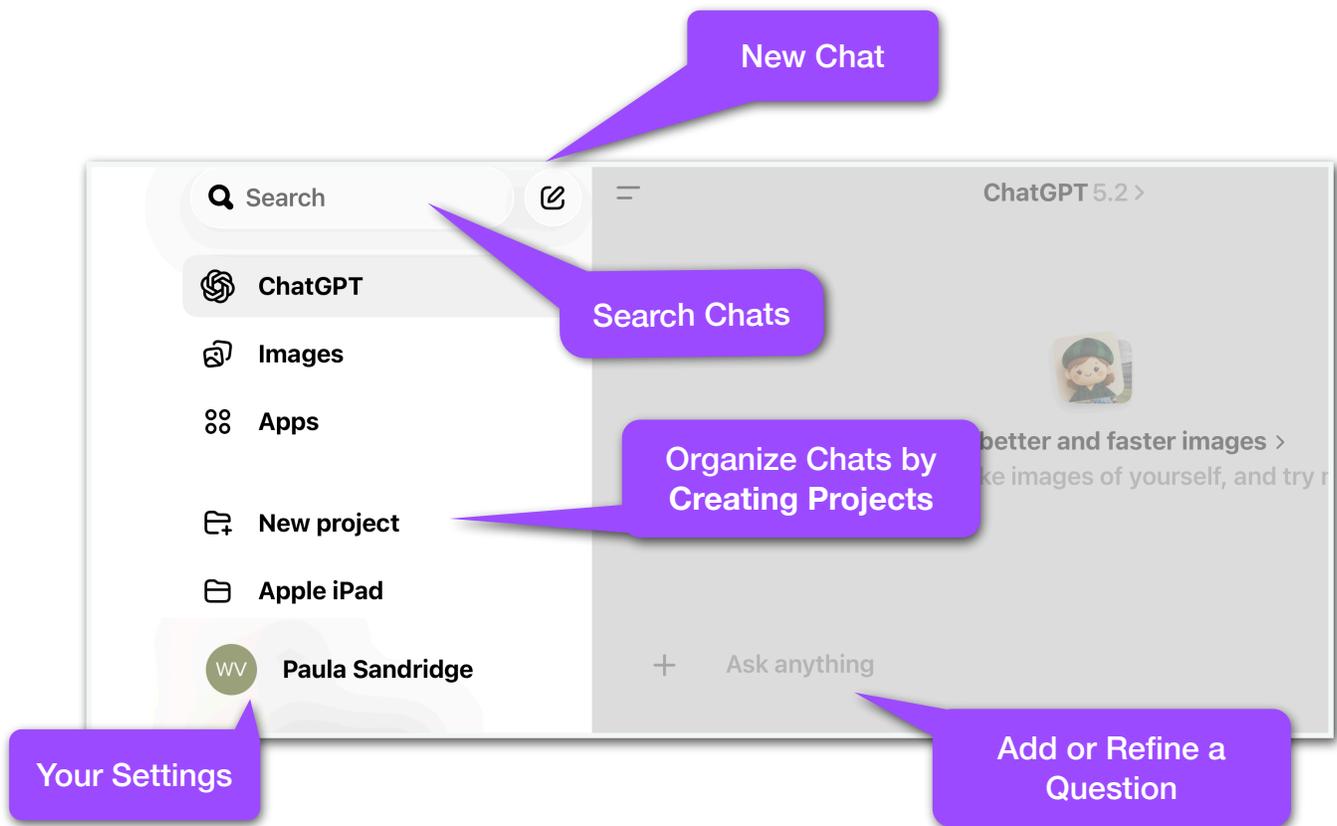
Click the **Purple arrow** to upload or send your question.

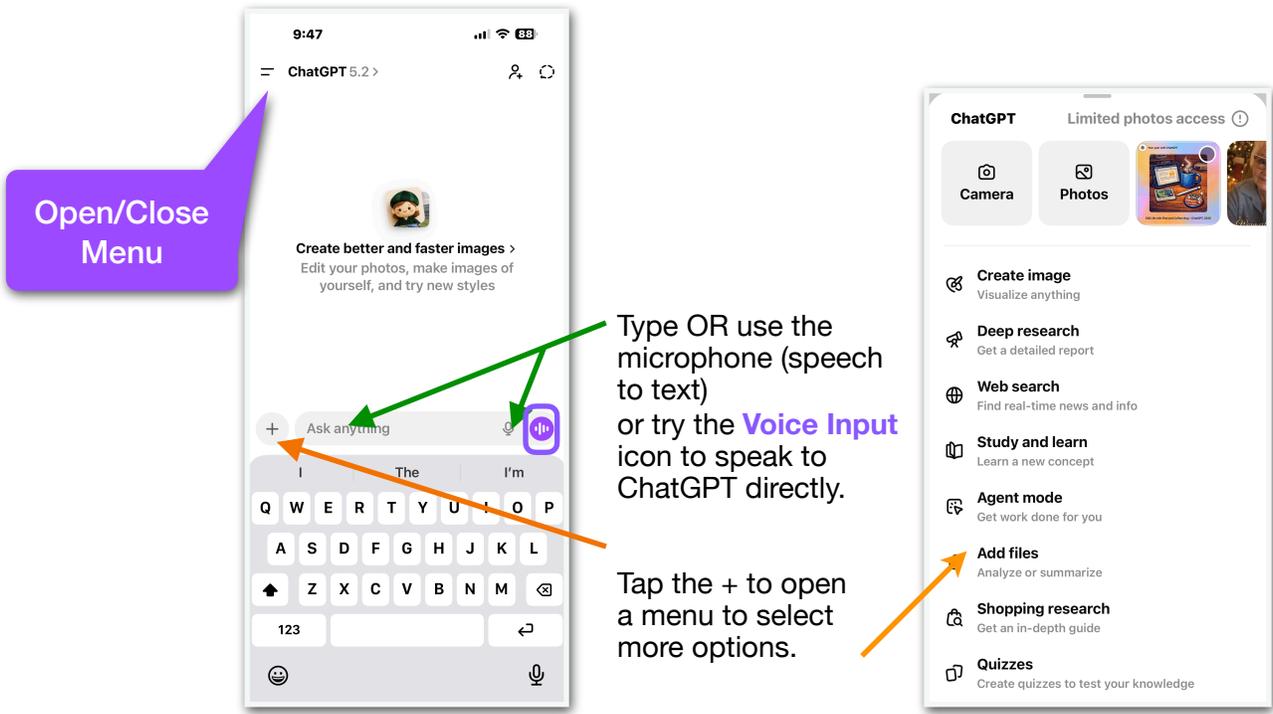


After each response, here's what some icons mean...



### ***Chat GPT on App on iPhone/iPad or Android Device***

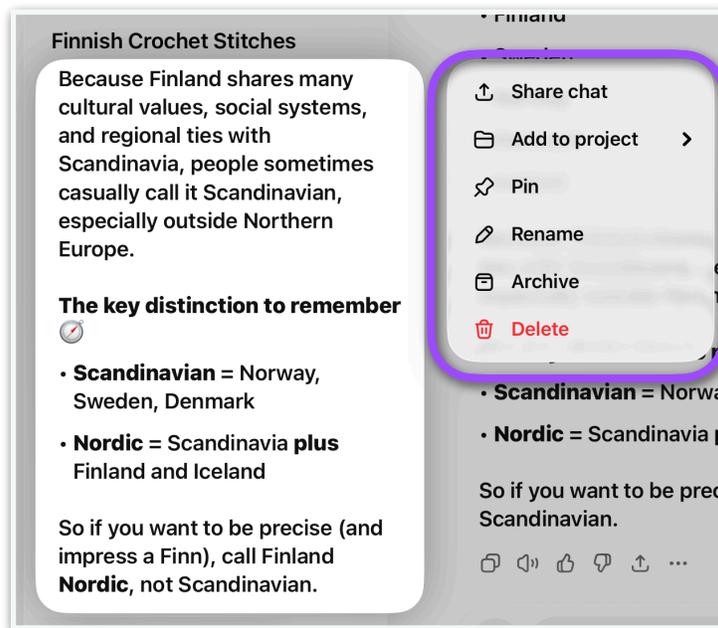




## Delete a Chat

To delete a chat, press on a chat title until a pop-up menu appears, then select **Delete**.

Notice the other options in that menu.



## Safety Tip

 Do NOT upload passwords, Social Security numbers, bank information or other sensitive personal details.

- ☑ There are no wrong questions
- ☑ You can't break anything
- ☑ You can ask ChatGPT to explain things slowly

### Free on the Web

A way to use ChatGPT in your browser without signing in.

Pros	Cons
<ul style="list-style-type: none"><li>• Zero setup — just open a web page.</li><li>• Great for a quick try-out.</li></ul> <p style="text-align: center;">Cost = \$0</p>	<ul style="list-style-type: none"><li>• You can't save chats or come back later.</li><li>• Usage might be limited or slower.</li><li>• Fewer features than with an account.</li></ul>

### Free Account

Your own ChatGPT account you set up with email or phone. Can login via web or use the ChatGPT app.

Pros	Cons
<ul style="list-style-type: none"><li>• Saves your chat history.</li><li>• Includes most everyday features like web search, voice support, and basic uploads.</li><li>• You can categorize your chats</li></ul>	<ul style="list-style-type: none"><li>• Still some limits on how much you can use per time period.</li><li>• Responses may be slower during peak hours.</li></ul>

## If you decide to make an account:

Did you create it using:

Google Account

Apple Account

Microsoft Account

Phone

If email:

Email \_\_\_\_\_

Password (if created) \_\_\_\_\_