How to Login to Office 365 and Access Microsoft Teams

1. Go to https://login.microsoft.com

2. Enter yourcougarnetID@cougarnet.uh.edu Your cougarnet ID is usually your first initial and some amount of your last name with maybe a number at the end. Note this is not the people soft ID number.

3. Enter your existing CougarNet password as your password. If you need to reset your CougarNet password please visit UH Password Wizard
4. You now have access to Office 365, this includes your official UH email via Outlook as well as Microsoft Teams!

Viewing Teams and Joining a Team with a Code

1. Access all your Microsoft teams by click the icon on the left-hand side. Classes you are already enrolled in will appear here.

2. Then click

3. From here you will enter the code provided by your professor.