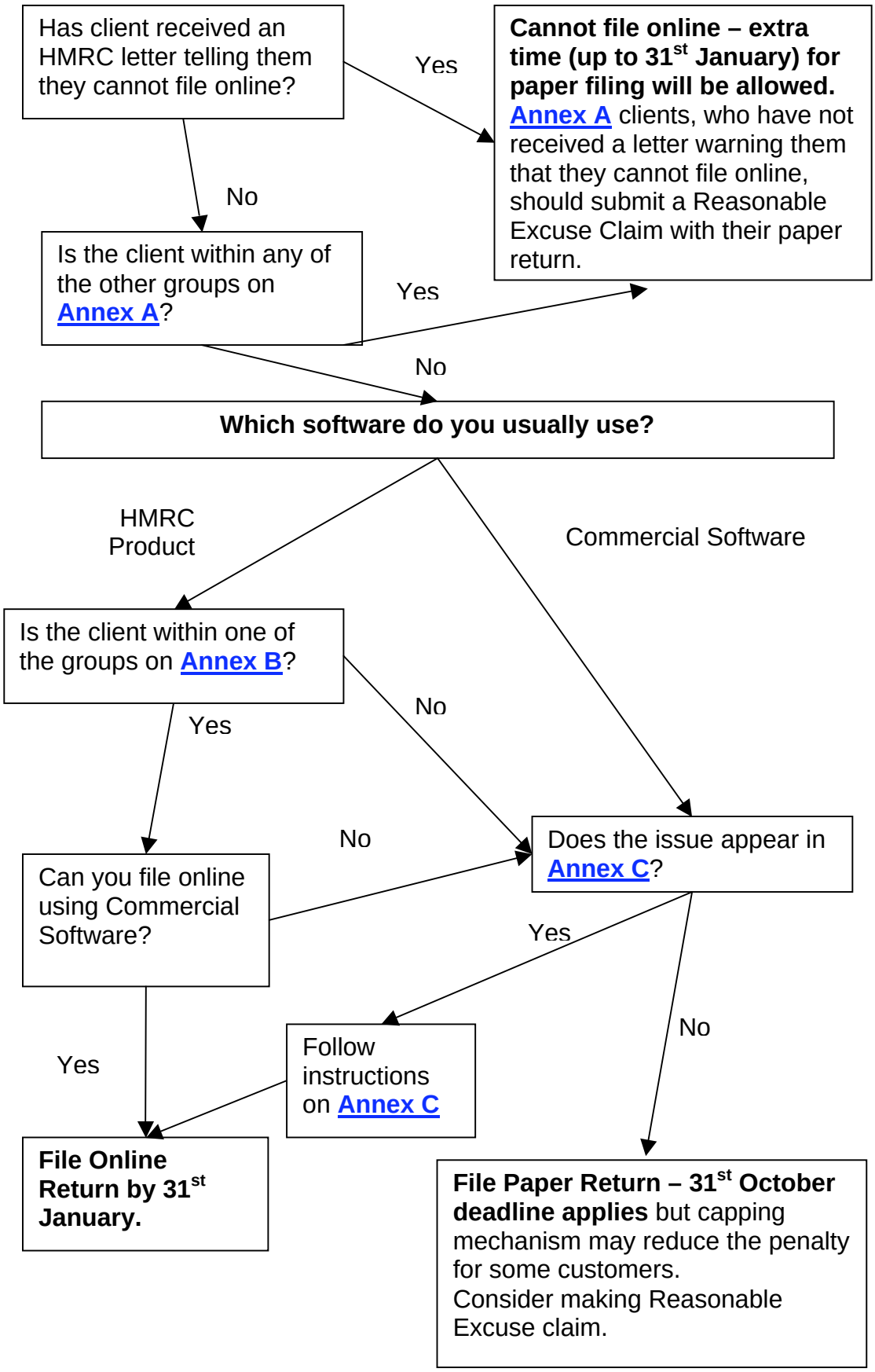Self Assessment Online – Agent Help Sheet