Right click the Network icon in the lower right hand corner of your screen. It may be shaped like a computer monitor (see: below screenshot) or as signal bars indicating your wireless connection strength. Right clicking should open a dialogue with the option to **Open Network and Sharing Center**. Left click it to proceed.
Click **Set up a new connection or network** in the window that appears.
Choose **Connect to a workplace** as the connection option:
Select **Use my Internet connection (VPN)** as the connection method:
Specify the following options:

Finally, left click the Network icon in the lower right corner (the one you right clicked in the first step). Click on the VPN connection titled **BMAP VPN**. Specify the username e-mailed to you and the password you set using the online utility.

Please note that your first connection attempt may take a couple minutes to complete, as the VPN type auto-negotiates. Subsequent connection attempts will be much faster.