



## How to Stream Wellbeats on a Phone or Tablet

Want to play a quick home workout? Try a new recipe? Play a meditation video? Access 500+ workouts, nutrition education, and mindfulness exercises right at your fingertips.



### Here is how to stream Wellbeats on your phone or tablet.

1

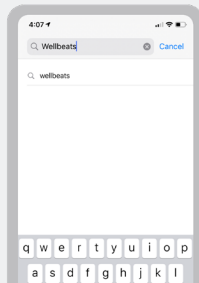
Locate and select the App Store icon on your phone or tablet.

iOS    Android    Windows



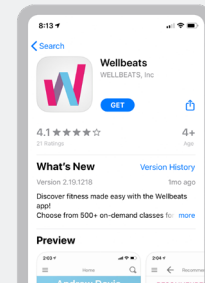
2

In the search bar, type in Wellbeats



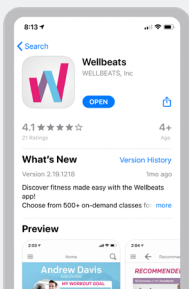
3

Select Wellbeats, then select Install or Get



4

Once the app is downloaded, select Open



5

Select Login, then enter in your username and password.

(If you received an invitation or promo code, select Register Via Code instead and enter your code)

6

Once signed in, you can start playing classes!

(You may be prompted to create your account and fill out a Fitness Profile Questionnaire if you're logging in for the first time)

If you experience any trouble with your login credentials or need tech support, please contact our support team at [support@wellbeats.com](mailto:support@wellbeats.com).