

# How to Access Wellbeats on a TV

Wellbeats *Wellness* is your virtual wellness offering to help you live a healthier life. Access 1,200+ fitness, nutrition, and mindfulness classes for all ages, levels, abilities, and interests - right on your TV!

Here are 4 ways to stream Wellbeats *Wellness* classes on a TV.



## 1. CONNECT YOUR LAPTOP, TABLET, OR MOBILE DEVICE TO ANY TV WITH AN HDMI CABLE

Display Wellbeats *Wellness* on any TV by connecting to your laptop, tablet, or mobile device with your own HDMI cable.

Steps to connect via HDMI cable:

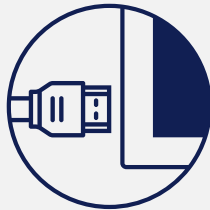
1

Locate an available HDMI port on your TV.



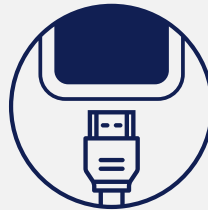
2

Connect one end of your HDMI cable to the HDMI port on your TV.



3

Connect the other end of the HDMI cable to your laptop, tablet, or mobile device\*.



4

Switch to the HDMI source on your TV.

For more details on connecting via an HDMI cable, [click here](#).

\*Some devices (including tablets and phones) may require an adapter.

## 2. DOWNLOAD THE WELLBEATS APP ON APPLE TV

Wellbeats *Wellness* is available for download on Apple TV (4th generation Apple TVs and up).

Steps to download Wellbeats *Wellness* on Apple TV

Apple only

1

Visit the App Store on your Apple TV.



2

Download the Wellbeats app.



3

Login using your account credentials.

For more details on downloading apps on Apple TV, [click here](#).

## 3. USE GOOGLE CHROMECAST TO WIRELESSLY STREAM WELLBEATS WELLNESS FROM YOUR APPLE OR ANDROID DEVICE TO A TV

Google Chromecast is a streaming media adapter that connects to your TV's HDMI port and allows you to play Wellbeats *Wellness* on a TV. There are two ways to play Wellbeats *Wellness* via Google Chromecast: video casting and screen mirroring. Video casting allows you to see only the video screen of a class on your Chromecast-enabled TV. Screen mirroring allows you to see your entire Android or Apple device's screen on your Chromecast-enabled TV.



Steps to wirelessly stream via video casting

Apple

1

Connect your Apple device to the same Wi-Fi network as your Chromecast-enabled TV.



2

Login to Wellbeats on your Apple device and select the class you'd like to play, and begin the class.



3

Tap the  icon and select your Chromecast-enabled TV.

For more details on connecting via Google Chromecast, [click here](#).

## Steps to wirelessly stream via video casting

### Android

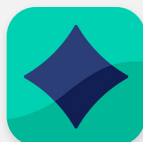
1

Connect your Android device to the same Wi-Fi network as your Chromecast-enabled TV.



2

Login to Wellbeats on your Android device and select the class you'd like to play, and begin the class.



3

Tap the  icon and select your Chromecast-enabled TV.

For more details on connecting via Google Chromecast, [click here](#).

## Steps to wirelessly stream via screen mirroring

### Apple

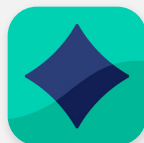
1

Connect your Apple device to the same Wi-Fi network as your Chromecast-enabled TV.



2

Login to Wellbeats on your Apple device and select the class you'd like to play.




3

Open the Control Center on your Apple device.



4

Tap the  icon and select your Chromecast-enabled TV.

For more details on connecting via Google Chromecast, [click here](#).

#### 4. USE VIDEO CASTING ON YOUR ANDROID DEVICE TO ROKU ON YOUR TV

Roku is a streaming media adapter that connects to your TV's HDMI port and allows you to play Wellbeats *Wellness* on a TV. There are two ways to play Wellbeats *Wellness* via Roku: video casting or screen mirroring. Video casting allows you to see only the video screen of a class on your TV. Screen mirroring allows you to see your entire device's screen on your TV.



##### Steps to wirelessly stream via video casting

Android

1

Connect your Android device to the same Wi-Fi network as your Roku TV.



2

Login to Wellbeats on your Android device and select the class you'd like to play, and begin the class.



3

Tap the  icon and select your Roku TV.

For more details on connecting via Roku, [click here](#).

For any questions, please contact Wellbeats *Wellness* at [855-520-7500](tel:855-520-7500) or [support@wellbeats.com](mailto:support@wellbeats.com)

Available streaming options, user experience, and navigation may vary according to the type and version of your device.