



Healthy Holiday



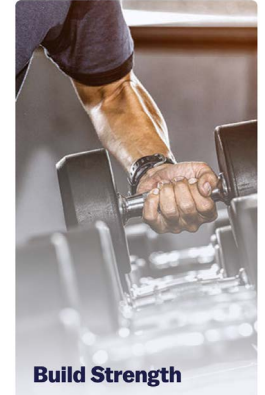
Increase Flexibility



A Stronger You



Create Your Calm



Build Strength

## Find Your Way to Wellness with Wellbeats Programs

**Set your goal... and receive guidance and support from start to finish!**

Whether it's losing weight, getting fit, improving mental health, or even training for a 5K, you can find a variety of health and wellness programs to help you live a healthier life.

Wellbeats *Wellness*, a product of LifeSpeak Inc., programs are a series of classes and activities to help you reach a specific goal and build healthy habits. Led by our team of friendly, certified instructors, you can feel confident, focused, and on track every step of the way.

Actual design and navigation may vary depending on your device.



[portal.wellbeats.com](https://portal.wellbeats.com)  
[support@wellbeats.com](mailto:support@wellbeats.com)

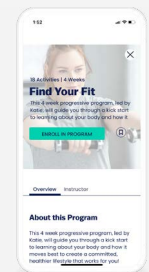
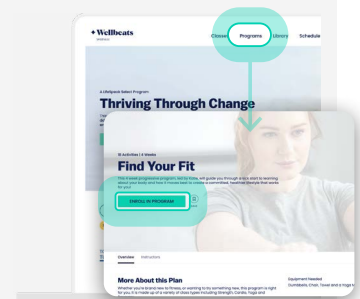
### HOW TO GET STARTED

Select **“Programs”** to explore a full list of health and wellness programs.

Choose the program you'd like to join, then select **“Enroll in Program”**.

Note: members can enroll in more than one program at a time.

A progress bar and **“Up Next”** marker will appear to let you know exactly where you're at in the program. **Select the class or activity under “Up Next” to get started.**



Need to exit a program? Select **“Programs”** or go to the home screen. In the program banner, select **“View All Activities”**, then select **“End Program”**.

For a complete history of your program participation, select **“Library”**, then **“Program History”** to view all active and completed programs.

