

How to Get Started with Wellbeats

Wellbeats *Wellness*, a product of LifeSpeak Inc., is your virtual wellness offering to help you live a healthier life. Explore 1,200+ fitness, nutrition, and mindfulness classes for all ages, levels, interests, and abilities. Whether you're an expert at yoga or new to running, looking for ways to eat healthy or only have 5 minutes to unwind, Wellbeats *Wellness* is for everyone.



How to Activate Your Wellbeats Account

1

Go to portal.wellbeats.com on a computer or download the Wellbeats *Wellness* app.

iOS Android

2

Enter your username and password.

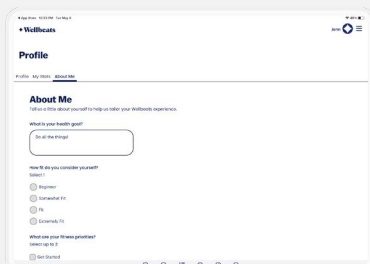
If you forgot your password, select “Forgot password?” to reset your password.

If you need help logging in, please contact Wellbeats Support at support@wellbeats.com.

Here are 8 starter tips to help you make the most of your Wellbeats experience:

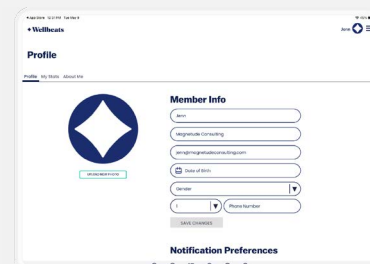
1

Take the “About Me” survey to receive recommended classes and programs according to your goals, abilities, and interests. Select “Profile” in the drop-down menu, then select “About Me” to complete the survey.



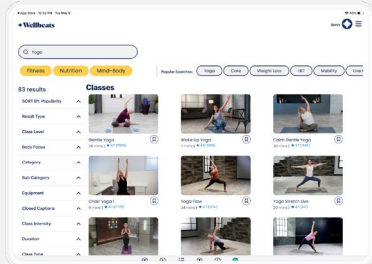
2

Complete your profile to customize your Wellbeats *Wellness* experience. Select “Profile” in the drop-down menu to upload a profile photo and manage your notification settings.



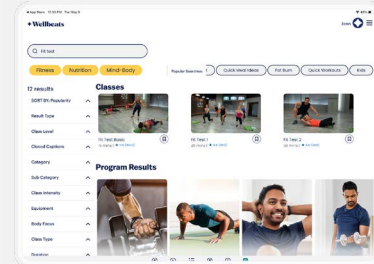
3

Search for a class according to your preferences. Filter by category, level, body focus, equipment, duration, and more.



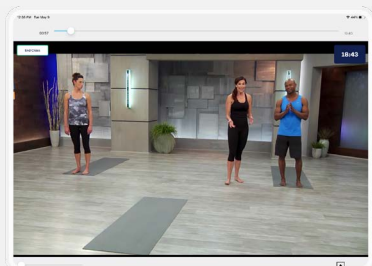
4

Take a fit test to establish your baseline fitness level and track your progress. Select “Classes”, then select the “Fit Tests” category.



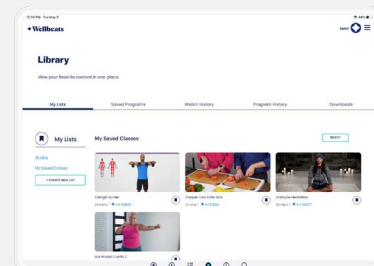
5

Play a class! Choose from 1,000+ fitness, nutrition, and mindfulness classes for all ages, levels, abilities, and interests.



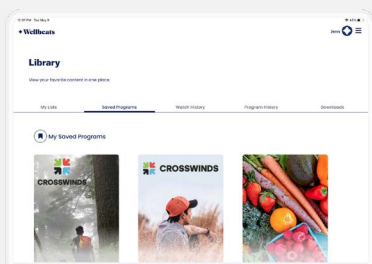
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Love a class? Don't forget to save it! Select “Library” to create your own lists of classes you enjoy or would like to try at a later time.



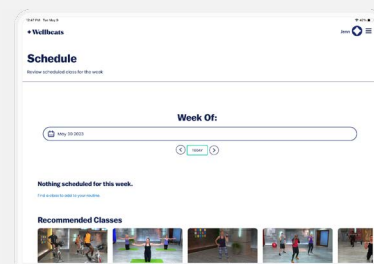
7

Join a Wellbeats *Wellness* program to help you stay motivated and on track. Each program includes a schedule of classes to help you reach your goals.



8

Schedule classes in advance and invite others to join you. Find a class you'd like to schedule, select “Schedule/Invite” and choose a date and time. You will have the option to invite others to join you and add the class to your calendar.



Actual design and navigation may vary depending on your device.