

# How to Access Wellbeats Guide

Wellbeats *Wellness*, a product of LifeSpeak Inc., is your virtual wellness offering to help you live a healthier life. This guide will help you learn how to access Wellbeats *Wellness* on your personal devices.

## How to Access Wellbeats on a Laptop



## How to Access Wellbeats on a Phone or Tablet



## How to Access Wellbeats on a TV



# How to Access Wellbeats on a Laptop

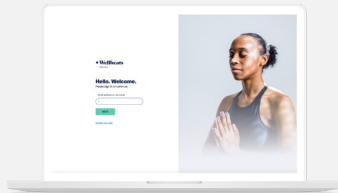
Wellbeats *Wellness* is your virtual wellness offering to help you live a healthier life. Access 1,200+ fitness, nutrition, and mindfulness classes for all ages, levels, abilities, and interests - right from your laptop!



## HERE IS HOW TO PLAY WELLBEATS *WELLNESS* CLASSES ON YOUR LAPTOP

1

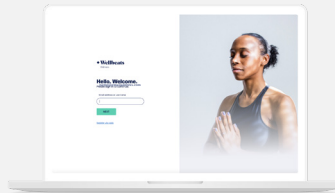
Visit [portal.wellbeats.com](https://portal.wellbeats.com) on your preferred web browser.



2

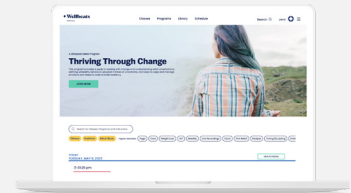
Enter your username and password.

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



3

Once signed in, you can start playing classes!



## RECOMMENDED WEB BROWSERS:



Google Chrome



Mozilla Firefox



Apple Safari



Edge

**To ensure highest performance and security, please ensure your preferred browser is up-to-date.**

If you experience any trouble, please try the following:

- Clear your web browser's cache
- Restart your web browser
- Disable extensions in your web browser
- Try a different web browser

**Need additional help?**

Contact Wellbeats *Wellness* Support at [support@wellbeats.com](mailto:support@wellbeats.com)

# How to Access Wellbeats on a Phone or Tablet

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 from your phone or tablet!



## HERE IS HOW TO PLAY WELLBEATS WELLNESS CLASSES ON YOUR PHONE OR TABLET

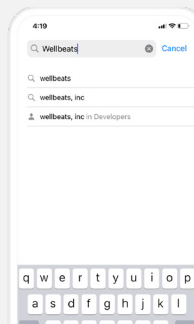
1

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

iOS    Android

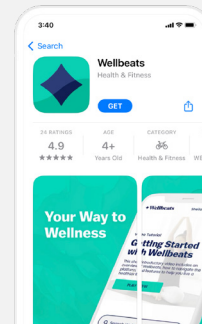
2

In the search bar, type in Wellbeats



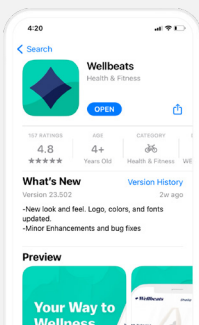
3

Select Wellbeats, then select Install or Get



4

Once the app is downloaded, select Open



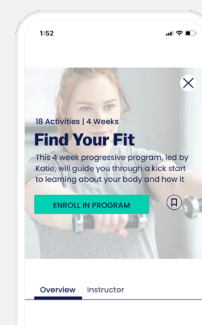
5

Enter 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!



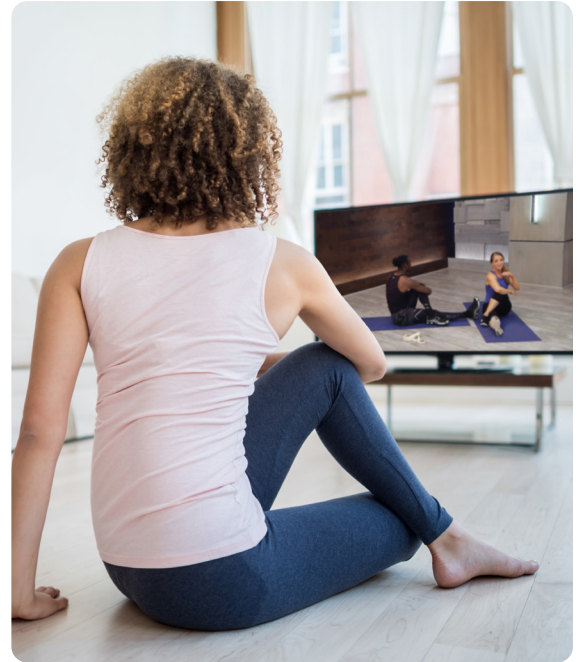
User experience and navigation may vary according to the type and version of your device.

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).

# 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:

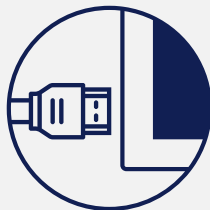
1

Locate an available HDMI port on your TV.



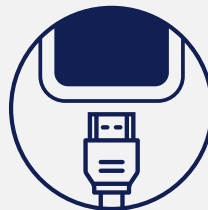
2

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

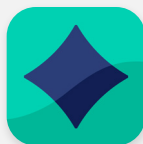
1

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

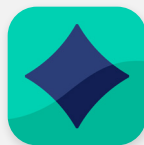
1

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



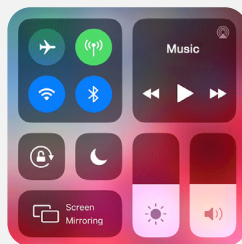
2

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  Screen Mirroring 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

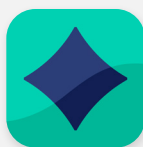
1

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** 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.