**Welcome to Wellbeats: Intranet Template**

**Directions:** Copy the image and verbiage below and paste into your intranet or internal communications portal. We recommend attaching the “Welcome to Wellbeats” flyer to the email. Please remove the text in red and add any custom login information details (optional) and contact information.



Did you know? You have access to a virtual wellness offering to help you live a healthier life: **Wellbeats *Wellness*, a product of LifeSpeak Inc.!**

This includes 1,200+ fitness, nutrition, and mindfulness classes for all ages, levels, abilities, and interests. 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 is for everyone.

Go to the Wellbeats website portal at [portal.wellbeats.com](https://portal.wellbeats.com/#/home/) or download the Wellbeats app to get started.

[Enter any custom login information details here]

Questions? Please contact [enter your contact information here].