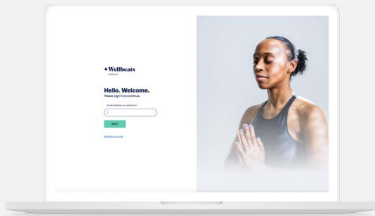


# Forgot your password?

Here are the steps to reset your Wellbeats password:

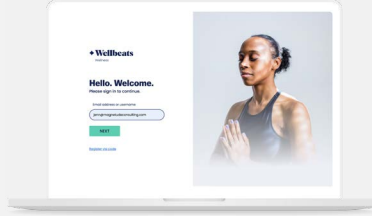
1

Go to the Wellbeats *Wellness*,  
a product of LifeSpeak Inc.,  
website portal:  
[portal.wellbeats.com](https://portal.wellbeats.com)



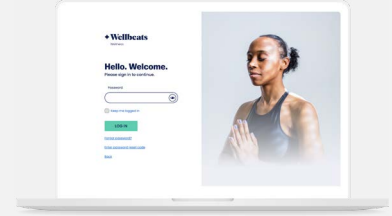
2

Enter your username and  
select 'Next'



3

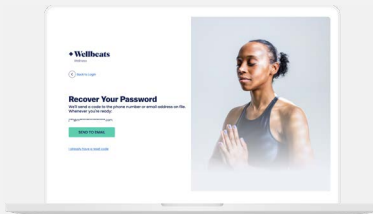
Select 'Forgot password?'



4

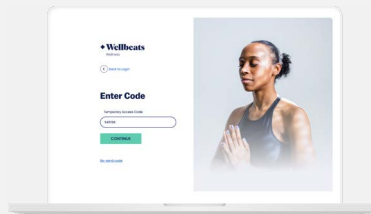
Select 'Send to Email'. We will  
send you a code to the email  
address on file.

If your phone number is added in your  
Wellbeats *Wellness* account, you can also  
recover your password by selecting 'Send  
to Phone'.



5

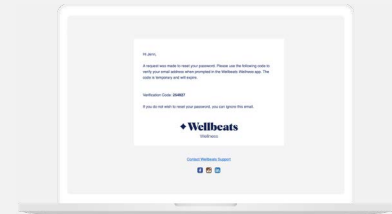
Remain on the page to enter  
the temporary access code that  
was emailed to you.



6

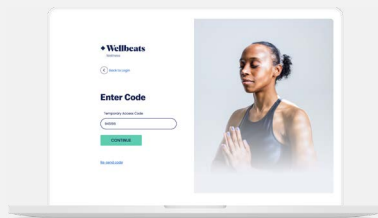
You will receive an email with a  
6-digit temporary access code.

Please allow a few minutes to  
receive the email.



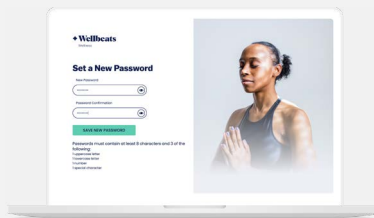
7

Enter your code in the box and select 'Continue'.



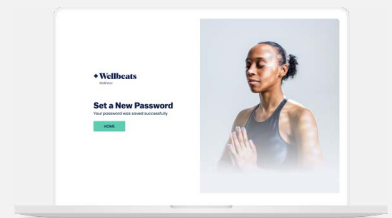
8

Enter a new password, then select 'Save new password'



9

Your new password is saved! You will receive an email confirming your new password has been updated. Select 'Home' to re-login to your Wellbeats *Wellness* account with your new password.



Still having trouble? Please reach out to your sponsoring organization or contact the Wellbeats *Wellness* Support Team at [support@wellbeats.com](mailto:support@wellbeats.com).

### **NEW TO WELLBEATS *WELLNESS*?**

Find how-to guides, video tutorials, and other resources to help you make the most of your Wellbeats *Wellness* experience: [wellbeats.com/faqs](https://wellbeats.com/faqs).