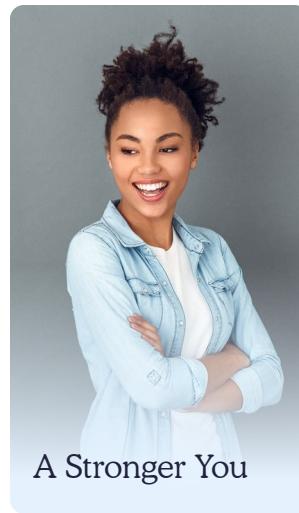




Healthy Holiday



Increase Flexibility



A Stronger You



Create Your Calm



Build Stre



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 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.



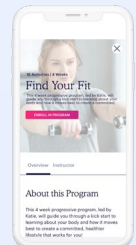
portal.wellbeats.com
support@wellbeats.com

How to Get Started

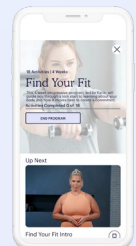
Select **"Programs"** to explore a full list of health and wellness programs.



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



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.**



Always on track: every time you log in to Wellbeats, we'll let you know exactly what to do next in your program.

