**Intranet Template**

**Directions:** Copy the image and verbiage below and paste into your intranet or internal communications portal.

A collage of a person and a child

Description automatically generated

Looking for support to help you live a healthier life?

Whether you’re an expert at yoga or new to running, looking for ways to eat healthy, or need support for your mental health, Wellbeats *Wellness*, a product of LifeSpeak Inc. can help you stay mentally and physically strong.

Plus, you can invite up to five others to join Wellbeats *Wellness* with you and stay healthy together—whether a family member, spouse, or neighbor!

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