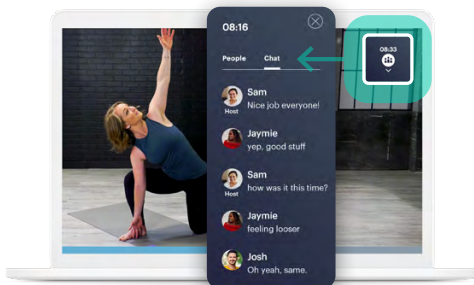
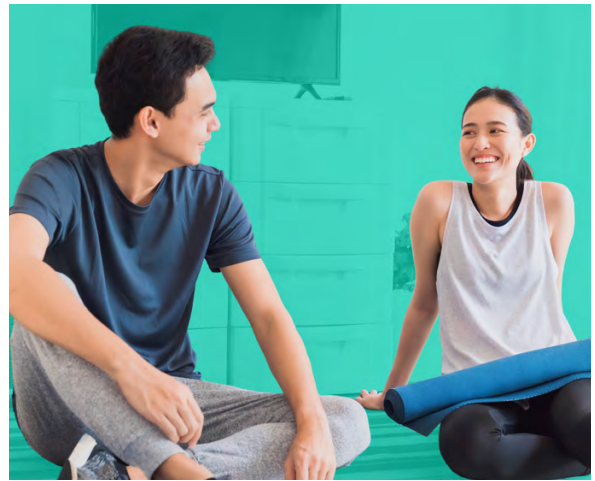


## Stay Healthy Together

### Share Wellbeats *Wellness* with Family and Friends

Looking for more accountability and support to live a healthier life?

Invite others to join Wellbeats *Wellness*, a product of LifeSpeak Inc., with you and stay healthy together—whether a spouse, friend, family member, or neighbor!



#### CELEBRATE PROGRESS

Cheer on your friends, share encouraging messages, and celebrate each other's wins.



#### CHALLENGE OTHERS TO A WORKOUT

Enjoy working out with others? Schedule classes together and chat in real time to stay motivated and on track.



#### COOK ALONGSIDE FRIENDS—VIRTUALLY

Learn new kitchen skills while cooking delicious recipes in a fun and engaging experience from the comfort of your own kitchen.

## Ready to get started?

In your Wellbeats *Wellness* account, select “**Profile**” in the drop-down menu and choose “**Sub-accounts**” to invite others to join Wellbeats *Wellness*.

*Invitees will receive the same unlimited access to 1,000+ fitness, nutrition, and mindfulness classes. Valid for up to 5 others per account. Invitees must be at least 14 years of age.*



Download the app on the App Store or Google Play.

[portal.wellbeats.com](https://portal.wellbeats.com)  
[support@wellbeats.com](mailto:support@wellbeats.com)