

Wellbeats™

Discover fitness, nutrition, and mindfulness classes at your fingertips!

Whether you're at home, work, or on-the-go, Wellbeats is an easy-to-use, on-demand fitness and wellbeing benefit with 800+ professional classes to inspire you to feel your best. Options for any age, gender, fitness, or ability level; Office Breaks; kids' and families' classes; goal-based challenges; fitness tests. Accessible whenever, wherever, via iOS, Android, Windows, Apple TV and more.

How to Activate Your Wellbeats Account

1

Download the Wellbeats app or go to portal.wellbeats.com on any browser or computer.

2

Enter your username and password as indicated in an email from support@wellbeats.com. Or: Select 'Forgot my Password' to be emailed a temporary password.

If you need help logging in, you can contact support@wellbeats.com

Make the Most of Your Wellbeats Experience

1

Complete the 7-question Fitness Questionnaire to unlock recommended classes, challenges, and more.

STEP 1 OF 7

How fit do you consider yourself?

Select 1

Beginner

Somewhat fit

Fit

Extremely Fit

Previous **Continue**

2

Complete your profile: Upload a profile photo, enter your goal, and enable push notifications so you know when new classes are released.

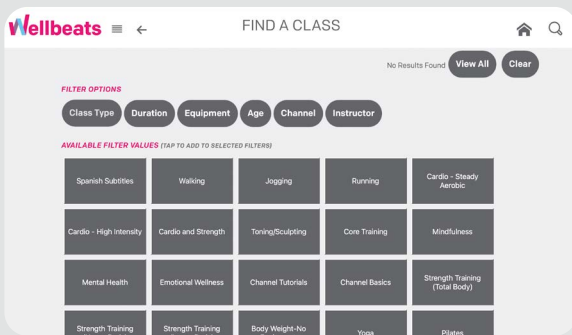
Wellbeats EDIT PROFILE

Save **Cancel**

USER INFO	FITNESS PROFILE
First Name * <input type="text"/>	Workout Goal <input type="text"/>
Last Name * <input type="text"/>	
Email * <input type="text"/>	Edit Fitness Profile
Age * <input type="text"/>	
Gender * <input type="text"/>	
Country Code * <input type="text"/>	AUTHENTICATION
Mobile * <input type="text"/>	Username <input type="text"/>
Default Facility * <input type="text"/>	Change Password
	Edit Profile Photos Change Username

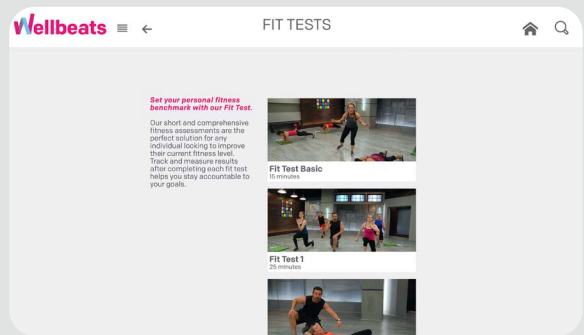
3

Find a class using filters: Class Type, Instructor, Duration, and more.



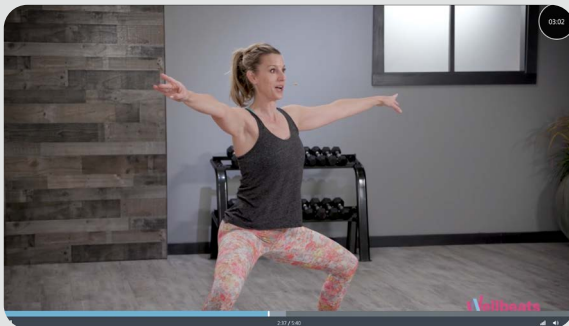
4

Take a fit test to establish your baseline fitness level and track your progress. Click 'Fit Tests' in the main menu.



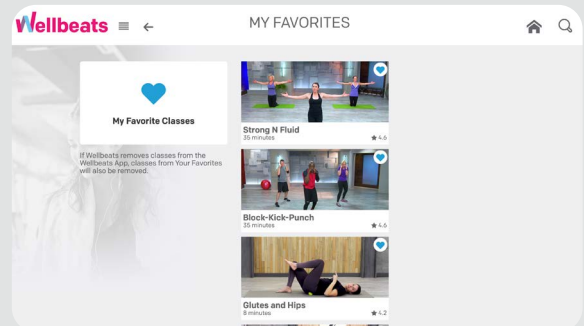
5

Play a class! Discover all the options for streaming Wellbeats [here](#).



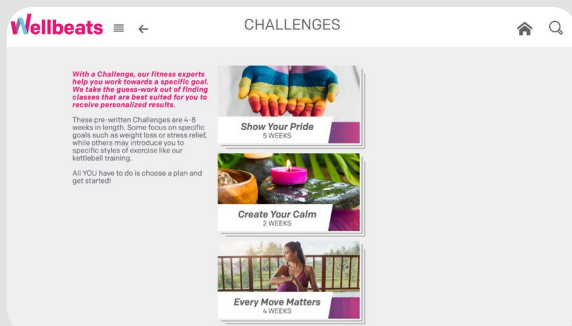
6

Enjoyed a class? Add it to your Favorites! Create different favorites lists (e.g., Recipes, Strength Classes, Kids).



7

Explore Wellbeats Challenges (in main menu). Challenges from 2-8 weeks include a schedule of Wellbeats classes catering to specific goals or outcomes you're looking to achieve.



8

Schedule classes in advance and invite your colleagues to join you by clicking 'Create Event' within the class detail page. Select 'My Schedule' in your dropdown menu to view your class schedule, add classes to your calendar, and play classes at their scheduled times.

NEW!



SCHEDULE A CLASS FOR YOURSELF AND OTHERS

You can now schedule a class and take it at a specific time. Better still, you can invite other Wellbeats members to take the class with you.

CREATE EVENT