

# ON-DEMAND FITNESS FOR

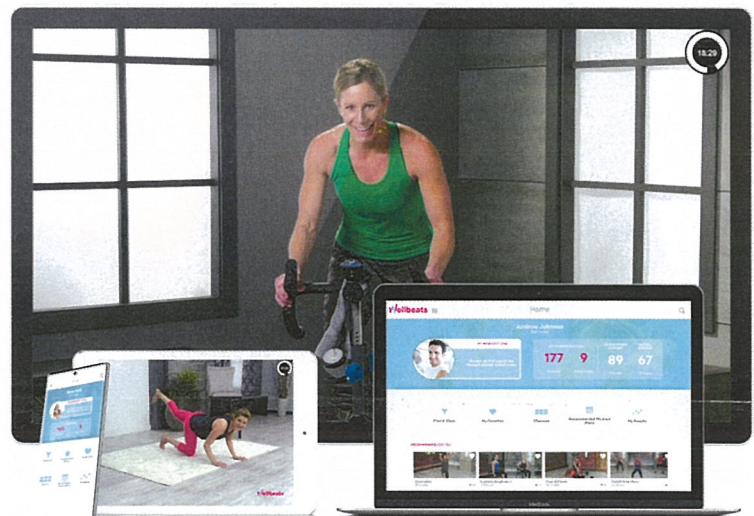


## Wellbeats™

- ✓ 500+ classes including yoga, HIIT, strength training, cycling, running/walking, mindfulness, office breaks, and recovery
- ✓ Easy-to-use navigation and interface
- ✓ Recommended classes according to your personal preferences
- ✓ Coached by a team of certified, supportive instructors
- ✓ Stay accountable with goal-based challenges
- ✓ Track your progress with personal statistics
- ✓ No equipment options available

**No matter your goals, Wellbeats has a starting point for you and your fitness journey.**

**All Ages. All Levels. All Lifestyles.** Discover fitness at your fingertips. Whether at home, work, or on-the-go, Wellbeats is an easy-to-use, on-demand fitness platform to help you feel happier, healthier, and stronger.



## How to Get Started with Wellbeats

Ready to play a class? Here is how to login and start using Wellbeats today:

1

### Verify your login credentials

Your username and password is sent to your work email address. You can search "Wellbeats" or "support@wellbeats.com" in your email inbox.



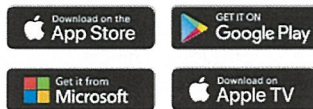
If you're having trouble locating the email, please contact your employer or affiliated organization's supervisor. You may also contact the Wellbeats Support Team at [support@wellbeats.com](mailto:support@wellbeats.com) for help.

2

### Download Wellbeats on your preferred device

You can also visit the Wellbeats website portal on your computer to play classes.

Download the Wellbeats app:



OR

Login on the website portal:  
[portal.wellbeats.com](http://portal.wellbeats.com)



3

### Play a class!

You can find workouts for all ages, levels, and abilities. Options include cycling, yoga, Pilates, walking/running, HIIT, strength training, kickboxing, dancing, office breaks, stretching, and so much more!



Share your progress with us using **#Wellbeats** on Facebook or Instagram so we can give you a special shout out.



Have questions? Contact the Wellbeats Support Team at [support@wellbeats.com](mailto:support@wellbeats.com).



"The fact that I can do it in my home = no excuses. I've lost nearly 50 lbs. in 6 months!"  
- Deborah D.



"I am a busy mom and struggle with nerve pain. Wellbeats has helped me focus on me."  
- Shannon K.



"The best motivation is knowing that I have the perfect class for any situation at my fingertips."  
- Harry P.



## How to Get Started with Wellbeats

For New Users

**Step 1:** Visit the Wellbeats website portal

Visit [www.portal.wellbeats.com](http://www.portal.wellbeats.com) and select *Login*

Recommended web browsers: Chrome, Firefox, Edge, Safari

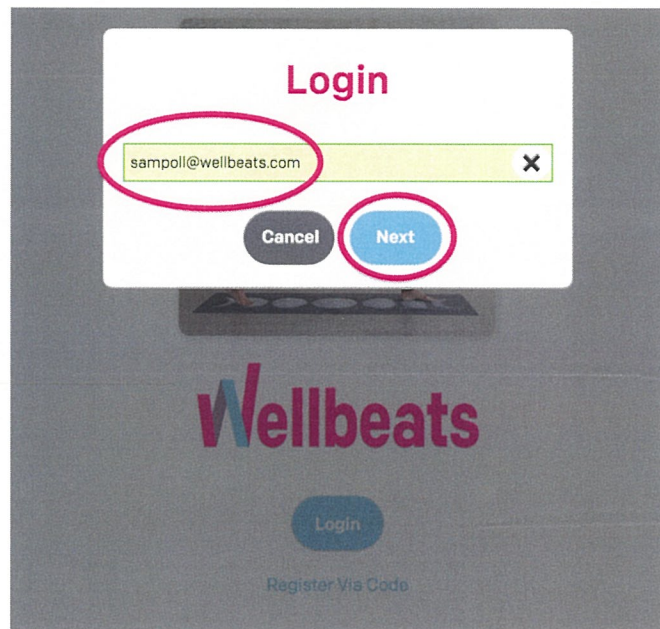


[Register Via Code](#)

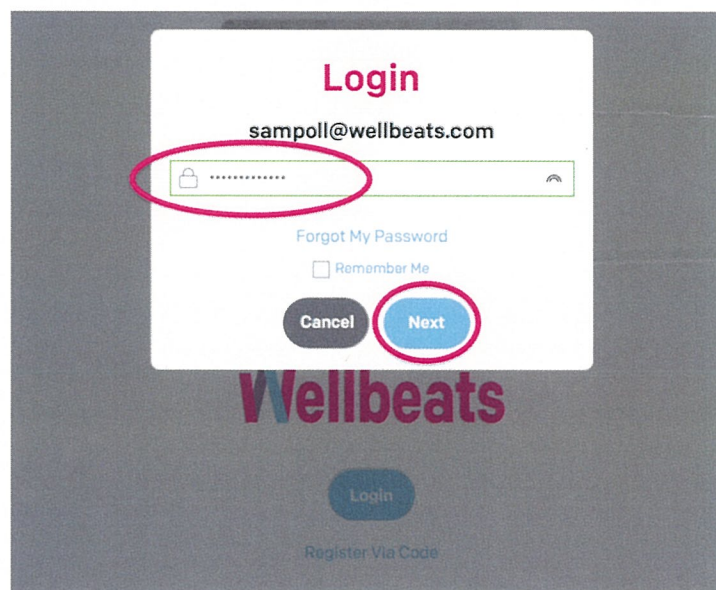
NOTE: You can also log in by downloading the Wellbeats app in the [App Store](#), [Google Play](#), [Windows Store](#), and [Apple TV](#) (4<sup>th</sup> generation or higher)

**Step 2:** Log in using your username and password

Enter your username, then select *Next*



Enter your password, then select *Next*



NOTE: To autosave your login credentials, select the box next to *Remember Me*

## Hold up! What if I don't know my login credentials?

If you're not sure what your login credentials are, there are a couple ways to find out. If you already know your login credentials, please skip to page 6.

### I don't know my username:

- Try entering your work and/or personal email address.
- If your work and/or personal email addresses do not work, search your email inbox for an email from WELLBEATS at [support@wellbeats.com](mailto:support@wellbeats.com). This Welcome email will contain your username and password information. If you can't find it, check your spam folder.

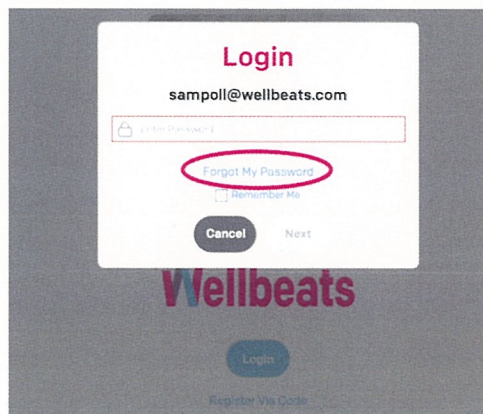


- If you are still having trouble, please contact your affiliated organization's administrator and ask about receiving Wellbeats login information. If your administrator is unable to assist, you can also contact our Wellbeats Support Team directly at [support@wellbeats.com](mailto:support@wellbeats.com).

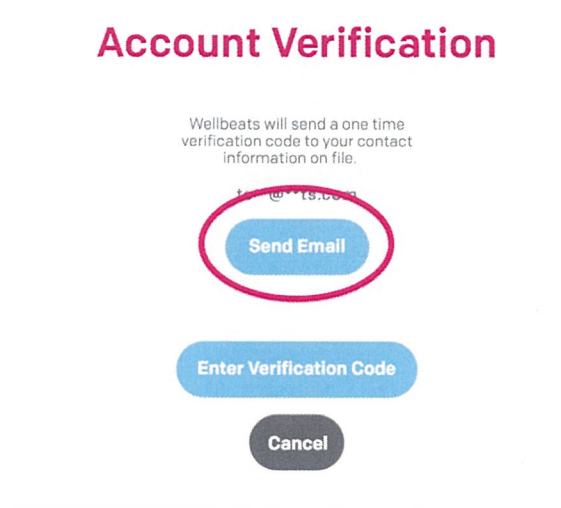
### I don't know my password:

- You can reset your password anytime. Here's how it works:

Step 1: After entering your username and selecting *Next*, select *Forgot My Password*



Step 2: In the Account Verification screen, select *Send Email*

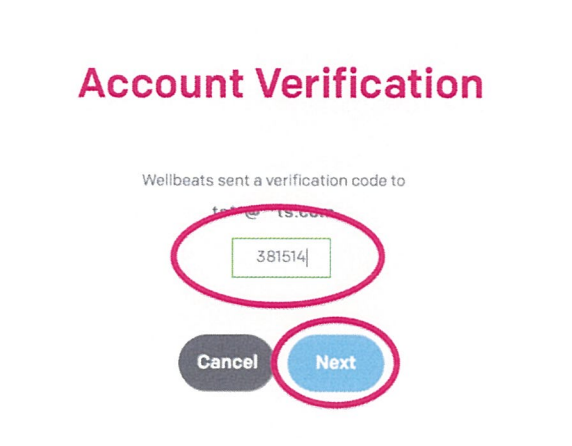


You will receive a 6-digit verification code to your email in the next 1-5 minutes. If you do not receive the email after 5 minutes, check your spam folder.

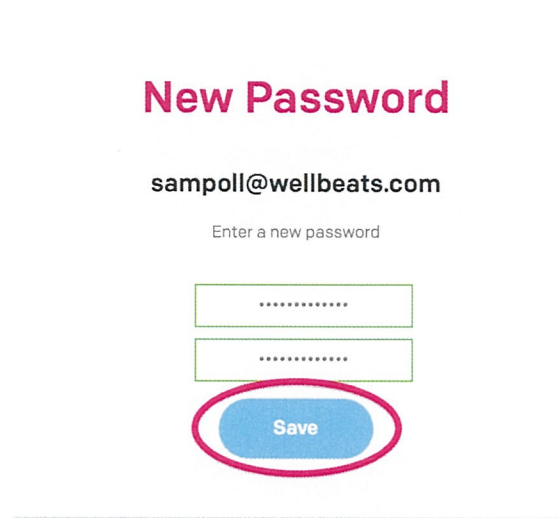
Once *Send Email* is selected, you will be redirected to a screen to enter your verification code. Please stay on this Account Verification screen to enter in your verification code. If you close out of the screen, you will need to repeat steps 1-2.

NOTE: You also have the option to select *Send Text Message* to receive a verification code on your mobile device. This option is only available if you added your phone number in the Wellbeats settings previously.

Step 3. When you receive your 6-digit verification code, enter your verification code, then select *Next*

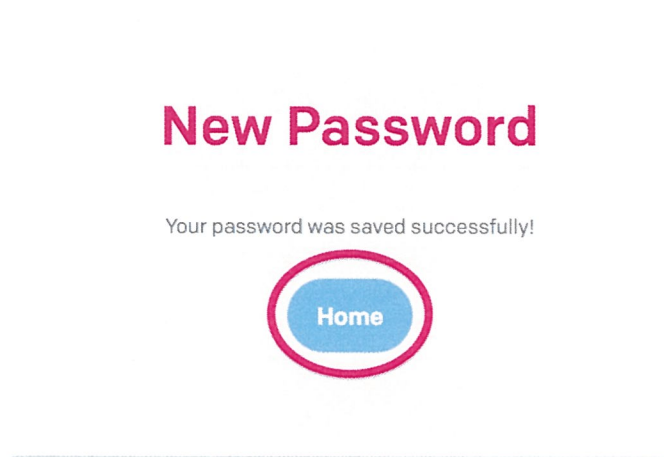


Step 4. You will be prompted to create and confirm a new password (minimum 5 characters, no spaces). Once finished, select **Save**



The screenshot shows a web form titled "New Password" in a large, bold, pink font. Below the title, the email address "sampoll@wellbeats.com" is displayed. Underneath, the text "Enter a new password" is shown. There are two input fields for the password, each containing a series of dots. Below the input fields is a blue button with the word "Save" in white text. This button is circled with a thick pink oval.

Done! Select *Home* to return to the login screen. You can now log in using your username and new password. You will receive an email from Wellbeats that your password has been updated.

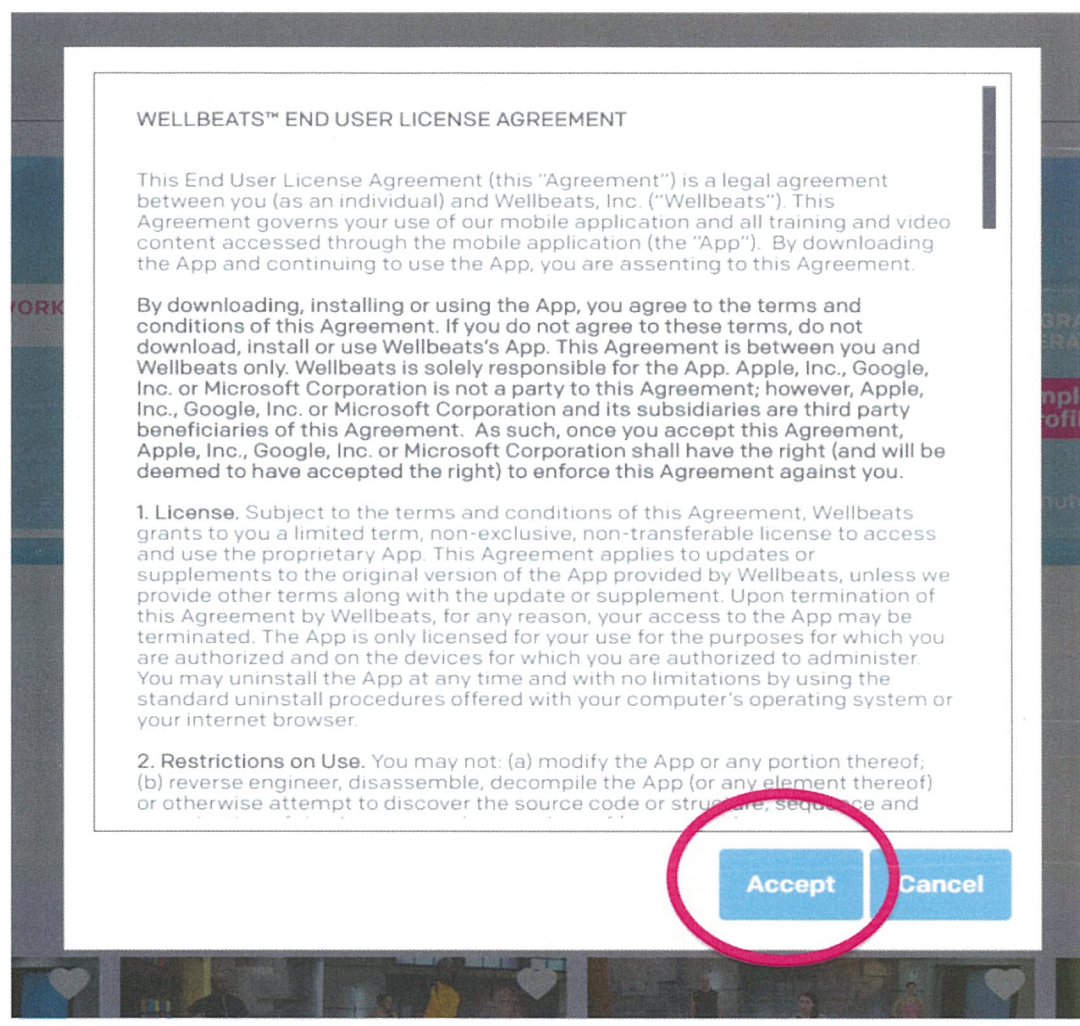


The screenshot shows a web form titled "New Password" in a large, bold, pink font. Below the title, the text "Your password was saved successfully!" is displayed. Below this text is a blue button with the word "Home" in white text. This button is circled with a thick pink oval.

**Ready?** Now that you have your login credentials, let's keep going.

### Step 3: Review and accept the Wellbeats EULA (End User License Agreement)

Once signed into Wellbeats, you will be prompted to accept the EULA (End User License Agreement). Select *Accept* to continue



#### Step 4: Complete your Wellbeats profile

Enter in your First Name, Last Name and Email Address. You will also be prompted to create and confirm a new password to login (minimum 5 characters, no spaces).

Gender, Age, Country Code, and Mobile # are all optional fields.

Once all required fields are completed, the Confirm button will turn blue. Select *Confirm* to continue.

**PLEASE CONFIRM YOUR PROFILE TO CONTINUE**

First Name \*  
Kim

Last Name \*  
Tomlin

Email \*  
example@example.com

Username  
80173274000

Password \*

Confirm \*

Gender  
Select a gender ▼

Age  
Age

Country Code  
United States of America (+1) ▼

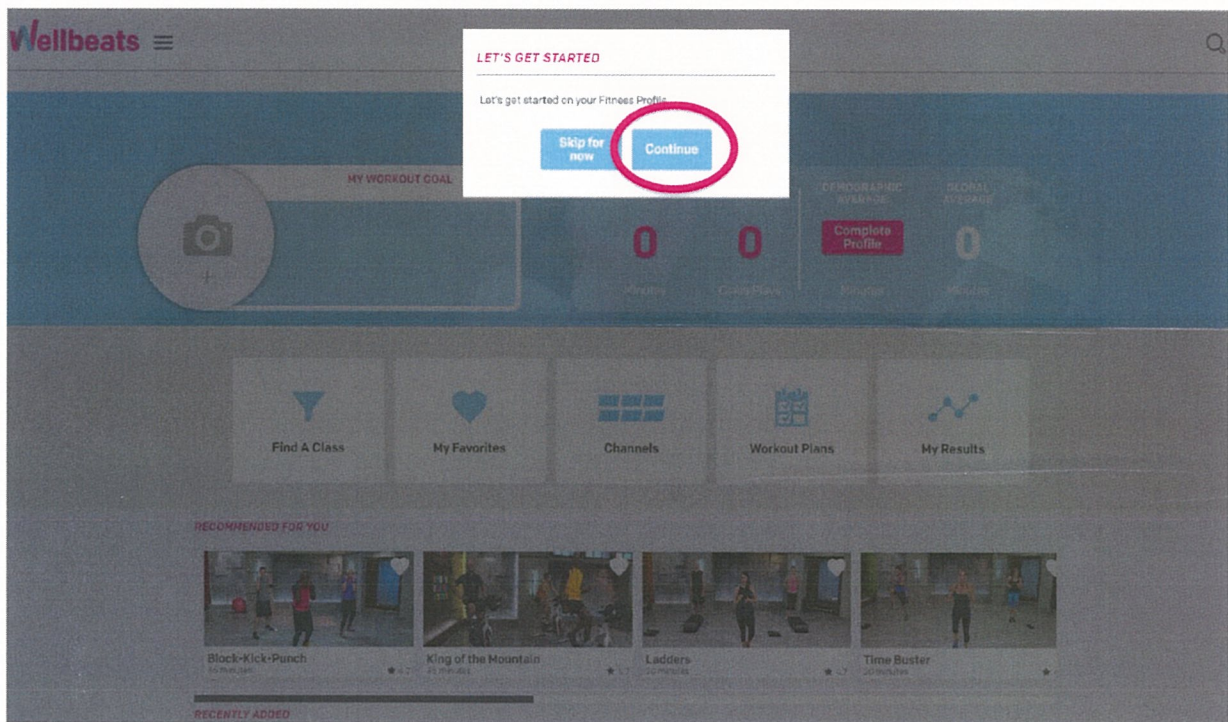
Mobile  
Mobile

**Back** Confirm

## Step 5: Complete the 7-question fitness profile

The 7-question fitness profile is a way to personalize your experience with Wellbeats. Once all 7 questions are answered, you will receive class and challenge recommendations based on your personal preferences and goals.

To get started, select *Continue* (or Skip for now).



If *Continue* is selected, you will be prompted to answer 7 questions regarding your current fitness status, goals, and preferences. Select *Continue* after each question. Once completed, select *Done* to return to the home screen.

**STEP 1 OF 7**

How fit do you consider yourself?

Select 1

Beginner

Somewhat fit

☒ Fit

Extremely Fit

Cancel Continue

**STEP 2 OF 7**

What are your fitness priorities?

Select up to 2

Get Started

Lose Weight

☒ Build Strength

Get Toned

☒ Improve Core Strength

Relieve Stress

Increase Flexibility

Overall Fitness

Previous Continue

**STEP 3 OF 7**

What types of classes do you like?

Select up to 3

Cardio

☒ Strength Training

☒ Cardio and Strength

Toning/Sculpting

☒ Core Training

Yoga

Pilates

Cycle

Kickboxing

Kettlebells

Dance

Step

Stretch and Recovery

Previous Continue

**STEP 4 OF 7**

How many days a week are you willing to commit to working out?

Select 1

1-2

☒ 3-4

5-6

6+

Previous Continue

**STEP 5 OF 7**

What duration of workouts and activities do you like?

Select all that apply

☒ 5-15 minutes

☒ 20-25 minutes

☒ 30-35 minutes

40+ minutes

Previous Continue

**STEP 6 OF 7**

What Equipment do you have access to?

Select all that apply

Full Gym

☒ Basic Equipment (dumbbells, resistance bands)

Indoor Cycle Bike

☒ No equipment

Previous Continue

**STEP 7 OF 7**

Where do you like to work out?

Select all that apply

Gym/Fitness Facility

☒ Home

Office

Hotel Room

Previous Continue

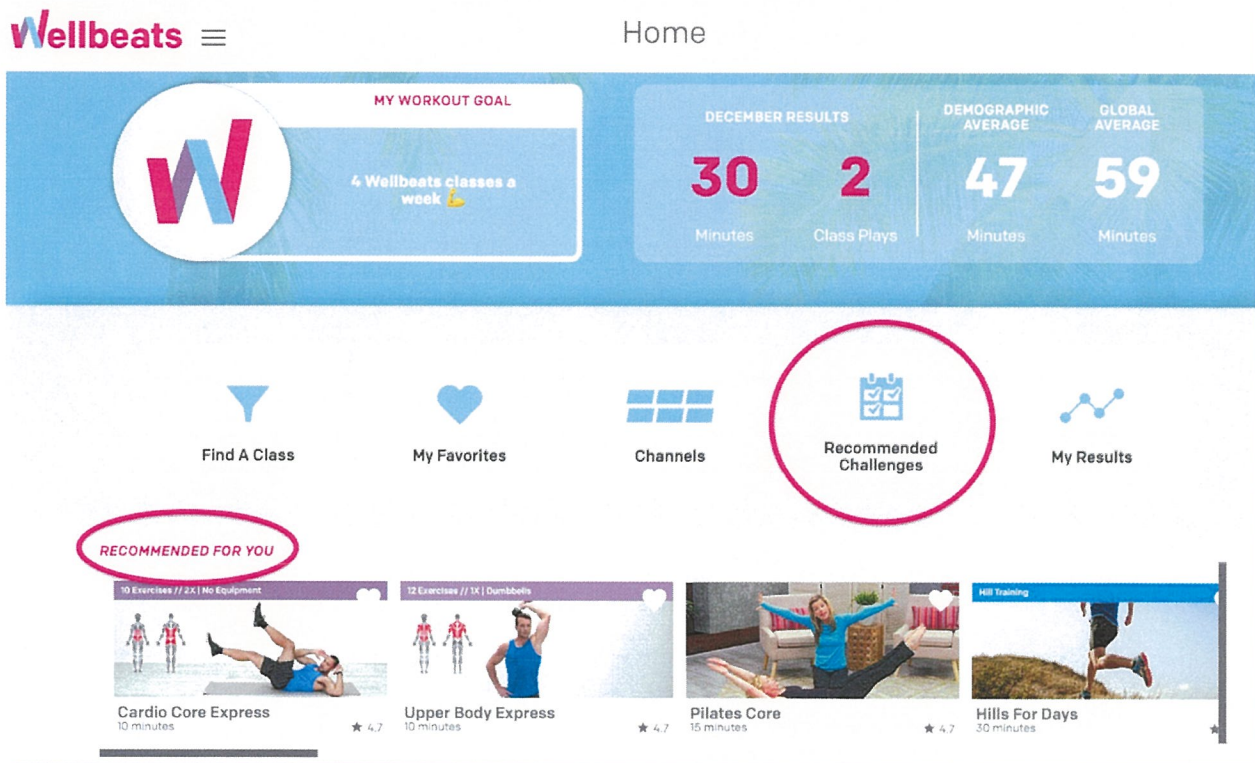
**THANK YOU!**

You'll now be able to view recommended classes and workout plans from the home page. You can update your fitness profile at any time by selecting edit profile in the menu.

Done

Finish your fitness profile? You're now ready to play classes!

Check out your class recommendations on the home screen under *Recommended For You* (or by selecting the *Recommended Classes* button on a mobile device). You can also sign up for a recommended challenge by selecting the *Recommended Challenges* button.



For additional resources, please visit the Wellbeats website:  
<https://wellbeats.com/faqs/>

## Need help logging into Wellbeats?

Here are the steps to reset your Wellbeats password:

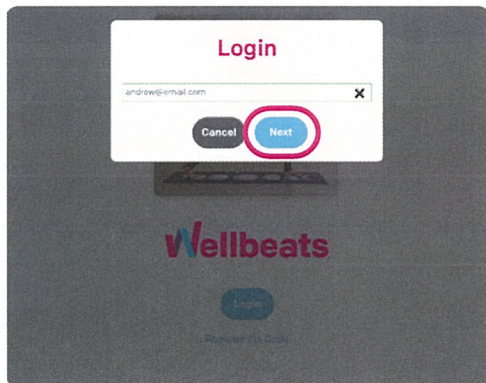


Wellbeats



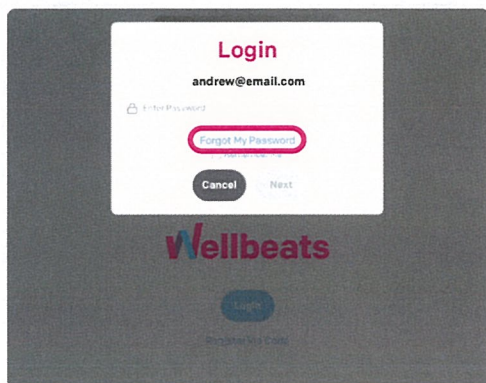
Register via Code

1. Visit Wellbeats:  
portal.wellbeats.com  
and select  
'Login'



2. Enter in your email  
address (username) and  
select 'Next'

In most cases, your username will be your  
work email address.



3. Select 'Forgot My Password'

## Account Verification

Wellbeats will send a one time verification code to your contact information on file

an\*\*@\*\*il.com

Send Email

(+\*) \*\*-\*\*-\*\*

Send Text Message

Enter Verification Code

Cancel

### 4. Select 'Send Email'

The send text message option is only available if your phone number is added in your Wellbeats account

## Account Verification

Wellbeats sent a verification code to

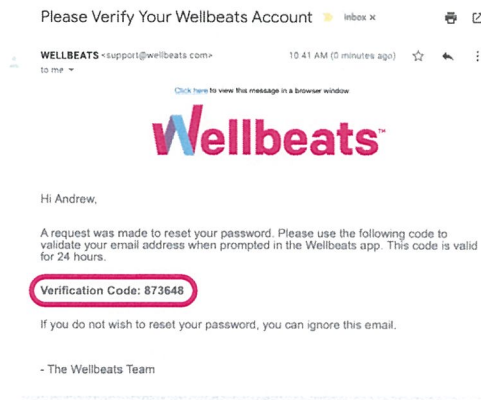
an\*\*@\*\*il.com

Enter Code

Cancel

Next

5. Remain on the page to enter the verification code that was emailed to you.



6. You will receive an email in the next 1-5 minutes with a 6-digit verification code.

## Account Verification

Wellbeats sent a verification code to

an\*\*@\*\*il.com

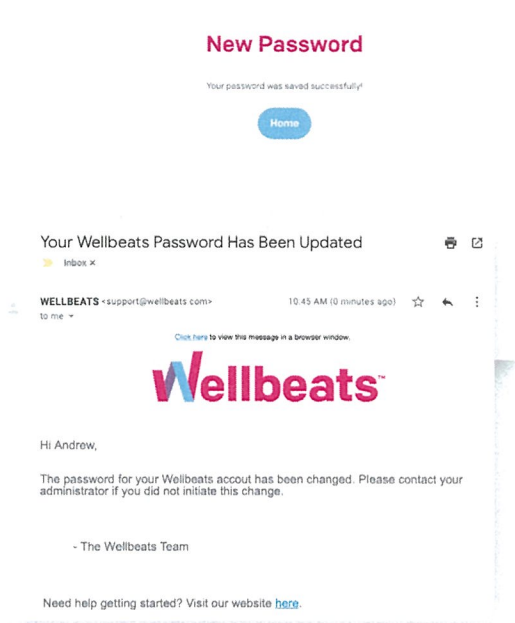
873648

Cancel

Next

7. Enter your code in the box and select 'Next'

8. Enter in a new password and select 'Save'



9. You should see that your password was reset successfully and will receive a confirmation email.

You are now ready to log into Wellbeats using your work email address (username) and new password.

Still having trouble? Please reach out to your affiliated organization's supervisor or contact Wellbeats Support Team at [support@wellbeats.com](mailto:support@wellbeats.com).

New to Wellbeats? Visit our website to learn how to use Wellbeats and find your next favorite workout:

<https://wellbeats.com/faqs/>

Have a great workout!



Join the Wellbeats community



# ON-DEMAND FITNESS FOR



## All ages. All levels. All lifestyles.

Discover fitness at your fingertips. Whether at home, work, or on-the-go, Wellbeats is an easy-to-use, on-demand fitness benefit from your employer to help you feel happier, healthier, and stronger.

Features include:

- 500+ classes including yoga, HIIT, strength training, cycling, running/walking, mindfulness, nutrition education, office breaks, and recovery
- Easy-to-use navigation and interface
- Recommended classes according to your personal preferences
- Coached by a team of certified, supportive instructors
- Stay accountable with goal-based challenges
- Track your progress with personal statistics
- Available on 9 platforms including iOS, Android, Windows, website portal, and Apple TV
- No equipment options available

**Wellbeats™**