

**Wellbeats** HealthSource Solutions

#### **FITNESS IS FOUNDATIONAL**

Exercise benefits the mind as much as the body. Nutrition fuels both. Wellbeats is an equitable, affordable, and easy-to-use on-demand fitness benefit that empowers habit forming physical and mental health.

### FITNESS FOR THE WHOLE FAMILY

- 500+ high quality, 1-60 minute videos
- 30 channels, no equipment options, for every age, interest and ability
- Recommendation engine used to personalize and serve up content
- Goal-based challenges and fitness assessments
- · Highly certified, relatable instructors
- · Safe and education based
- · Track progress and results

500+ ways to enjoy a fitness benefit in the privacy of your home

## **FREE ACCESS**

until May 31\*

#### **GET STARTED IN 3 EASY STEPS**

#### STEP 1

Download the Wellbeats App or visit the website portal: portal.wellbeats.com





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#### STEP 2

On a computer, select 'Register Via Code' and enter invitation code

On mobile, enter invitation code in the 'Enter Username or Email' field after selecting 'Login'



#### **INVITATION CODE**

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#### STEP 3

Play a fitness class



\*The offer is available to employers who do not currently contract with Wellbeats