



How to Get Started with Wellbeats

For New Users

Step 1: Visit the Wellbeats website portal

Visit portal.wellbeats.com and select *Login* Recommended

web browsers: Chrome, Firefox, Edge, Safari

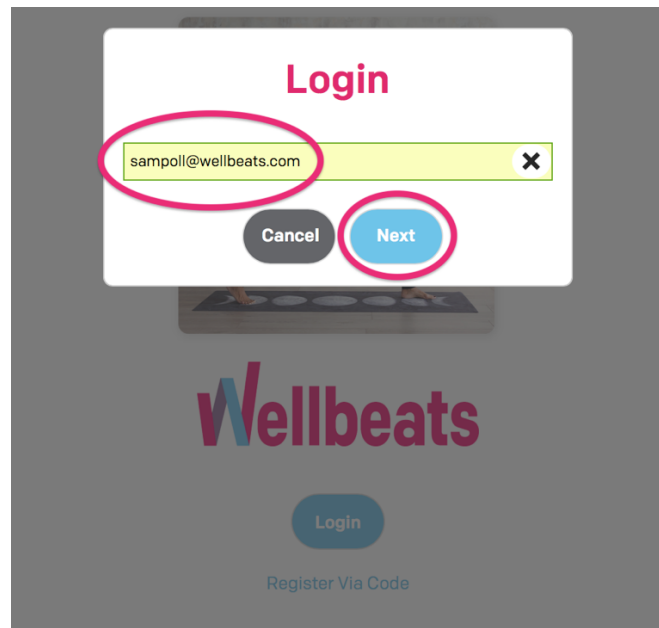


Register Via Code

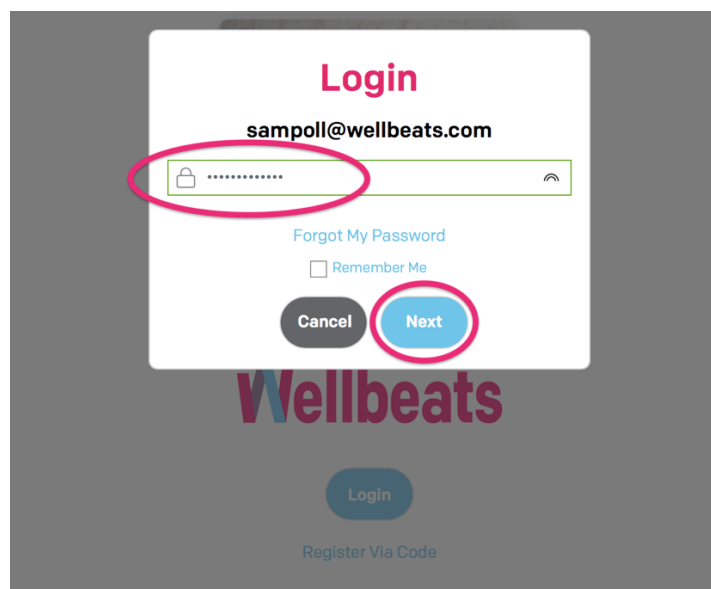
NOTE: You can also log in by downloading the Wellbeats app in the [App Store](#), [Google Play](#), [Windows Store](#), and [Apple TV](#) (4th generation or higher)

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. This Welcome email will contain your username and password information. If you can't find it, check your spam folder.

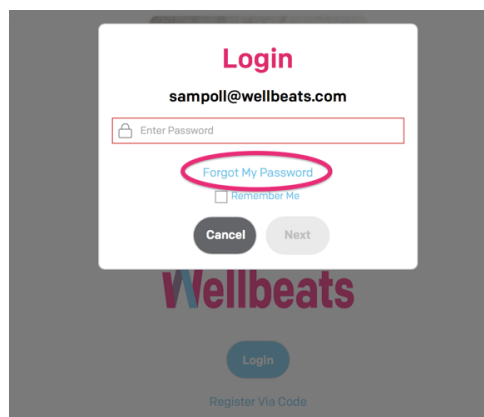


- If you are still having trouble, please contact your affiliated organization's administrator and ask about receiving Wellbeats login information. If your administrator is unable to assist, you can also contact our Wellbeats Support Team directly at support@wellbeats.com.

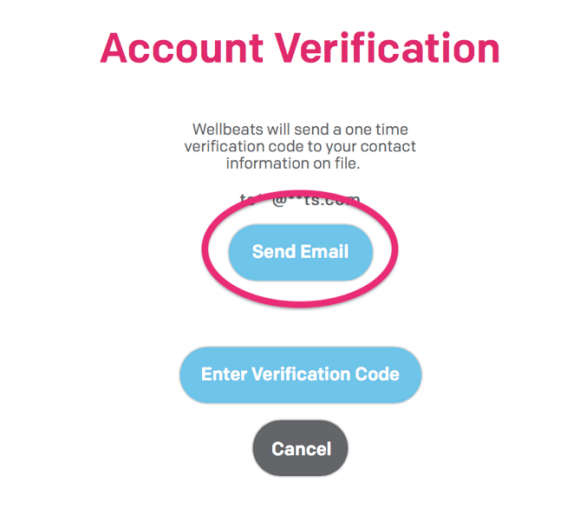
I don't know my password:

- 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*

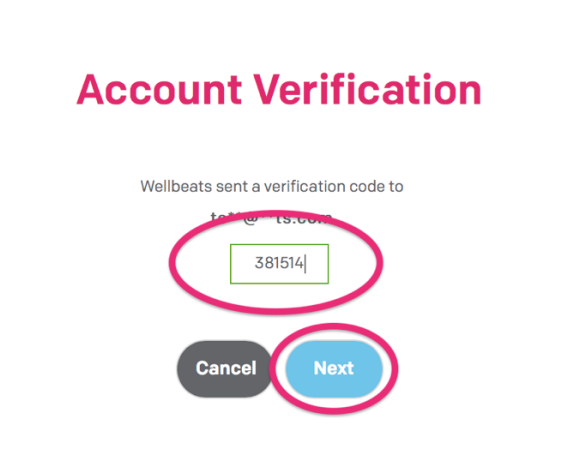


You will receive a 6-digit verification code to your email in the next 1-5 minutes. If you do not receive the email after 5 minutes, check your spam folder.

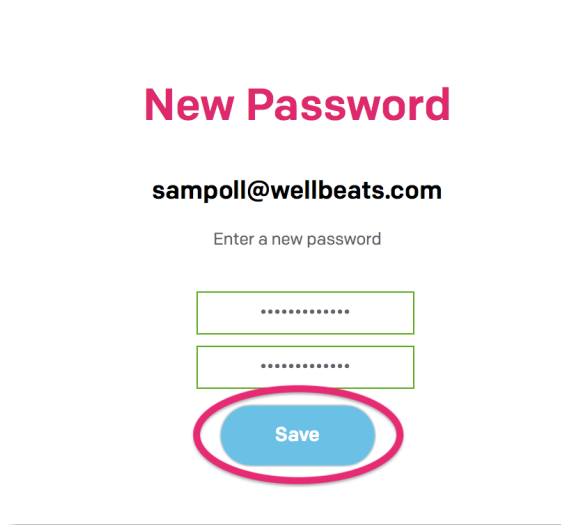
Once *Send Email* is selected, you will be redirected to a screen to enter your verification code. Please stay on this Account Verification screen to enter in your verification code. If you close out of the screen, you will need to repeat steps 1-2.

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.

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

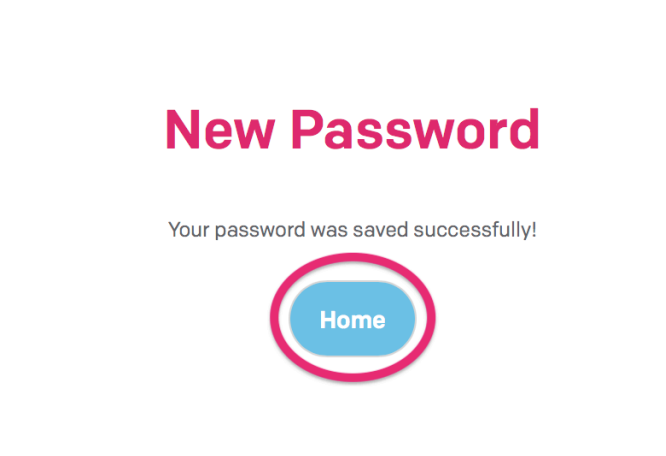


5. You will be prompted to create and confirm a new password (minimum 5 characters, no spaces). Once finished, select *Save*



The screenshot shows a web form titled "New Password" in pink. Below the title, the email address "sampoll@wellbeats.com" is displayed. A prompt "Enter a new password" is followed by two input fields, each containing a series of dots. A blue "Save" button is located below the input fields and is circled in pink.

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.

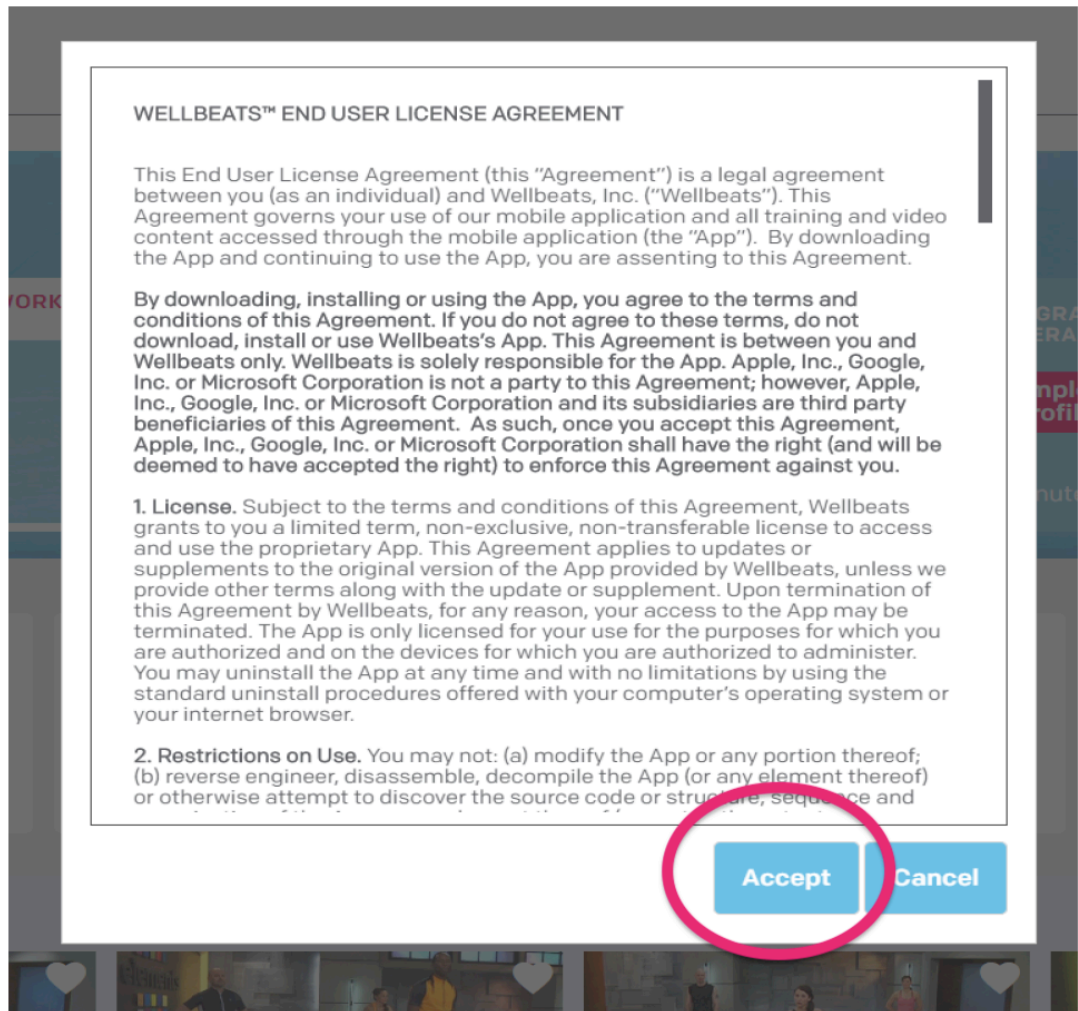


The screenshot shows the same "New Password" form, but now with a confirmation message: "Your password was saved successfully!". Below the message, a blue "Home" button is circled in pink.

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

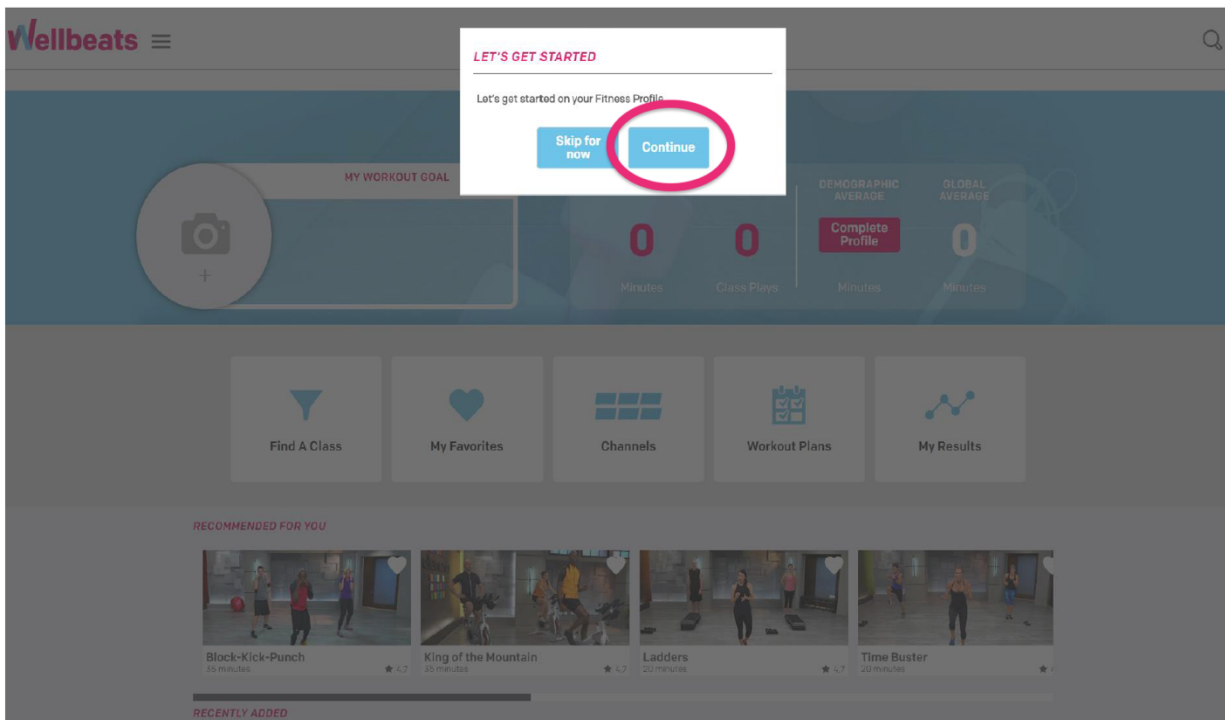
Back Confirm

The image shows a registration confirmation form. The title is 'PLEASE CONFIRM YOUR PROFILE TO CONTINUE'. The form contains several input fields: 'First Name *' with 'Kim', 'Last Name *' with 'Tomlin', 'Email *' with 'example@example.com', 'Password *' (empty), 'Confirm *' (empty), 'Gender' (dropdown menu with 'Select a gender'), 'Age' (text input with 'Age'), 'Country Code' (dropdown menu with 'United States of America (+1)'), and 'Mobile' (text input with 'Mobile'). At the bottom, there are two buttons: 'Back' (blue) and 'Confirm' (grey). Red circles highlight the 'First Name', 'Last Name', 'Email', 'Password', 'Confirm', and 'Confirm' button fields.

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

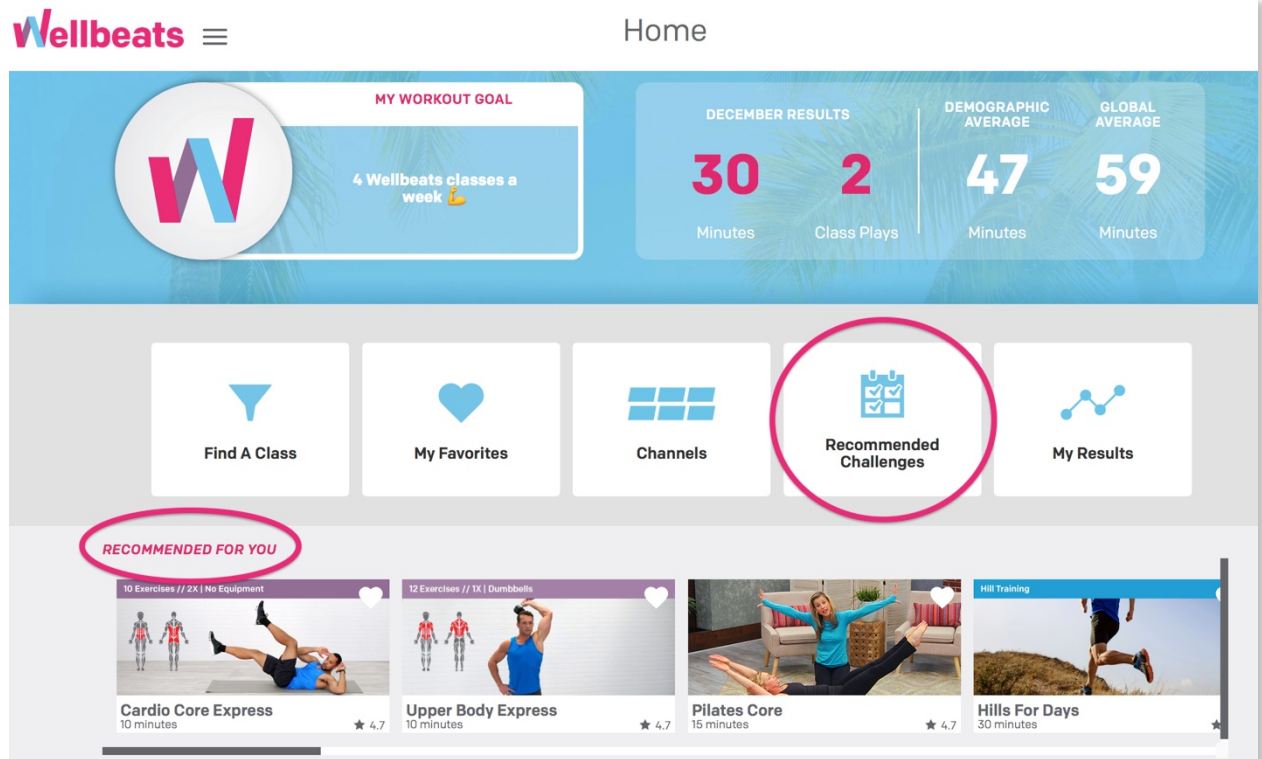
THANK YOU!

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/>