

Your Way to Wellness



Wellbeats *Wellness*, a product of LifeSpeak Inc., is your virtual wellness offering with thousands of fitness, nutrition and mind-body classes to help you live a healthier life. Whether you're an expert at yoga or new to running, looking for ways to eat healthy or only have 5 minutes to unwind, Wellbeats *Wellness* offers classes and programs for all ages, levels, abilities, and interests.

As a Personify member, your Wellbeats *Wellness* account has been created for you. This guide provides steps for authenticating your Wellbeats *Wellness* account associated with Personify.

Step 1: Open Wellbeats *Wellness* on Your Computer

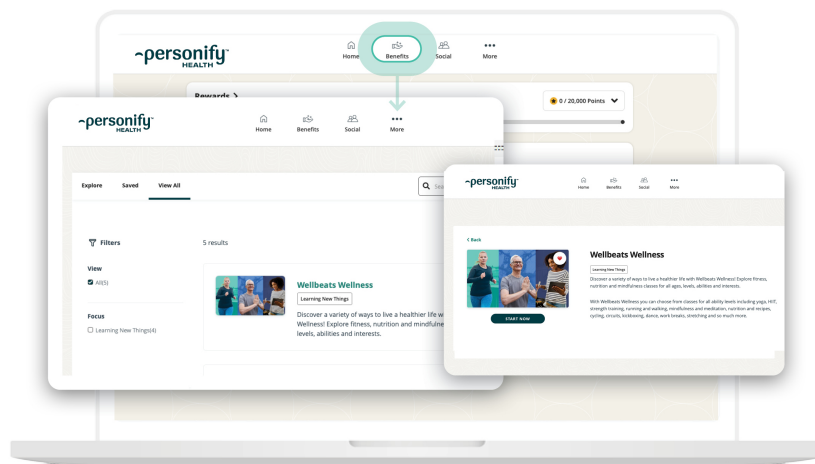
Log in to your Personify account on a computer.

Select **Benefits** or **Programs** in the top menu bar.

Find or search for Wellbeats and click **Start Now**.

Accept the Terms of Service and confirm your name and email address.

Enjoy Wellbeats *Wellness*! Your account is now authenticated on this device and can be accessed directly through the Wellbeats *Wellness* web portal: portal.wellbeats.com.



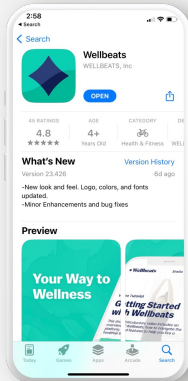
Step 2: Download the Wellbeats Wellness app

Note: Your first-time login should occur on a desktop to confirm the email address associated with your account.

1

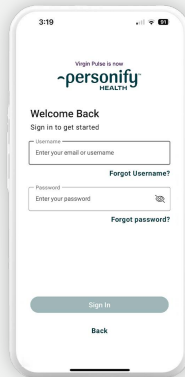
Download the Wellbeats
Wellness app

Note: Do not sign in yet



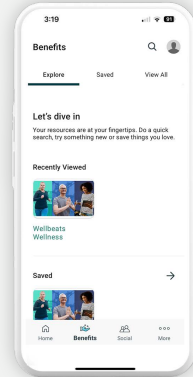
2

Log in to your Personify
account on the Personify app



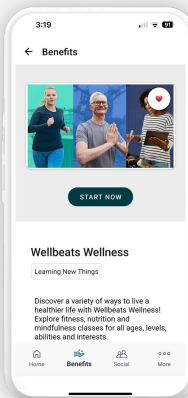
3

Select **Benefits** or
Programs in the menu bar



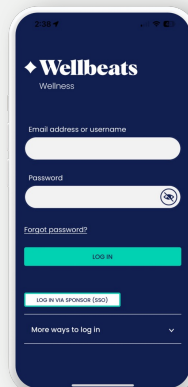
4

Find any Wellbeats activity
card, then select **Start Now**



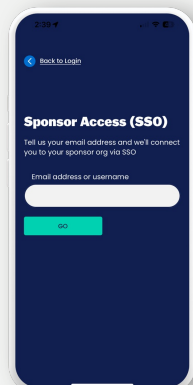
5

In the Wellbeats login screen,
select **Log in via Sponsor (SSO)**



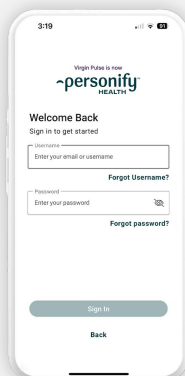
6

Enter the email address associated
with your Wellbeats account



7

You will be routed back to
the Personify Health login
screen. Re-enter your
Personify login credentials



Questions? Please contact support@wellbeats.com.