



## Fitness Made Easy

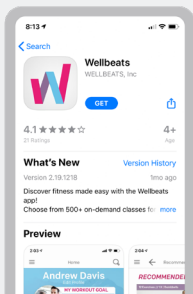
Discover fitness at your fingertips with Wellbeats! Access 500+ on-demand workouts, challenges, and fit tests with a team of friendly, certified virtual instructors coaching you every step of the way. Options for for all ages, abilities, and lifestyles. Log on to your HealthPartners Well-being account to get started!



## New to Wellbeats? Here's how to get started on a mobile device:

1

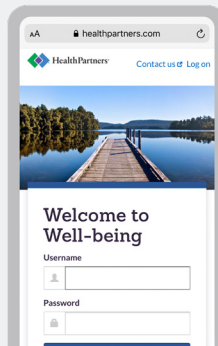
Download the Wellbeats app in the App Store or Google Play store



**Do NOT log on or create an account directly in the Wellbeats app.** Once the Wellbeats app is downloaded on your device, continue to step 2.

2

Log on to your health and well-being account at [healthpartners.com/wellbeing](http://healthpartners.com/wellbeing)



3

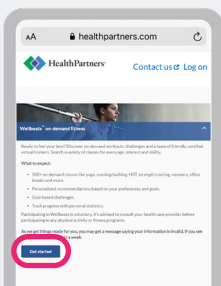
Complete the health assessment to unlock Wellbeats and other well-being activities



4

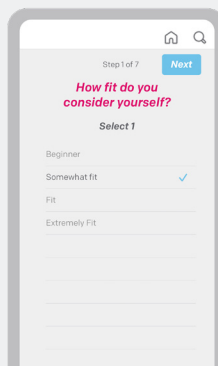
Locate the Wellbeats activity card and click, "Get started"

You may be prompted to open the Wellbeats app or be signed into the Wellbeats app



5

For first time users, follow the steps to complete your Wellbeats profile.



**Note:**

Next time you use Wellbeats, please follow steps 2 and 4.

At this time, access is not available directly through the app.