



## 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

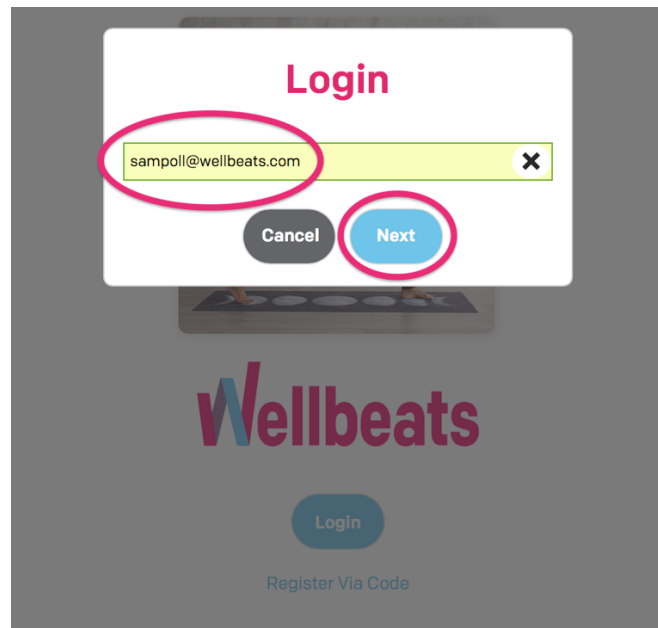


[Register Via Code](#)

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)

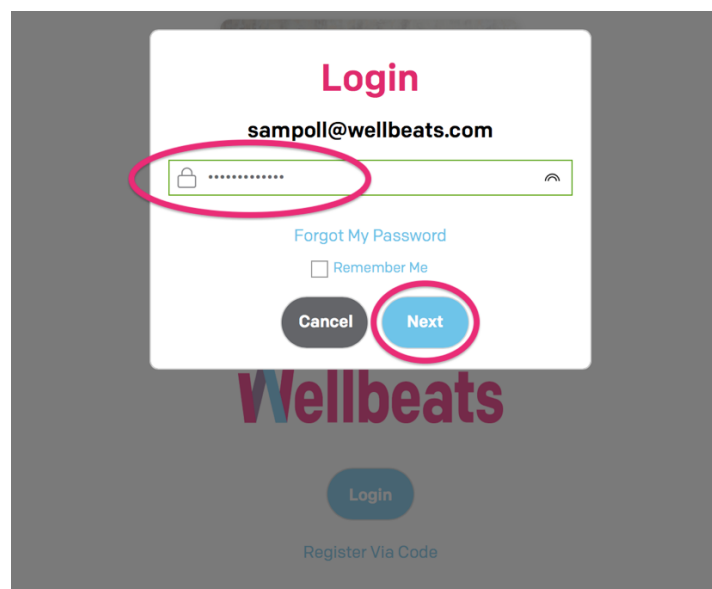
**Step 2:** Log in using your username and password

Enter your username, then select *Next*



The image shows a mobile app login screen for 'Wellbeats'. At the top, the word 'Login' is in red. Below it is a text input field containing the email address 'sampoll@wellbeats.com'. A red circle highlights this input field. Below the input field are two buttons: a grey 'Cancel' button and a blue 'Next' button, which is also circled in red. The background features the 'Wellbeats' logo in a stylized font, with 'Well' in blue and 'beats' in red. At the bottom, there is a blue 'Login' button and a link that says 'Register Via Code'.

Enter your password, then select *Next*



The image shows the same mobile app login screen for 'Wellbeats'. The email address 'sampoll@wellbeats.com' is now displayed above the password field. The password field contains masked characters (dots) and is circled in red. Below the password field are links for 'Forgot My Password' and a checkbox for 'Remember Me'. At the bottom of the form are the 'Cancel' and 'Next' buttons, with the 'Next' button circled in red. The background remains the same with the 'Wellbeats' logo and bottom navigation buttons.

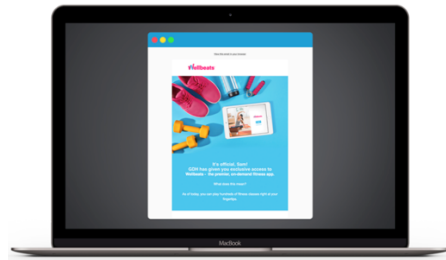
NOTE: To autosave your login credentials, select the box next to *Remember Me*

## 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.

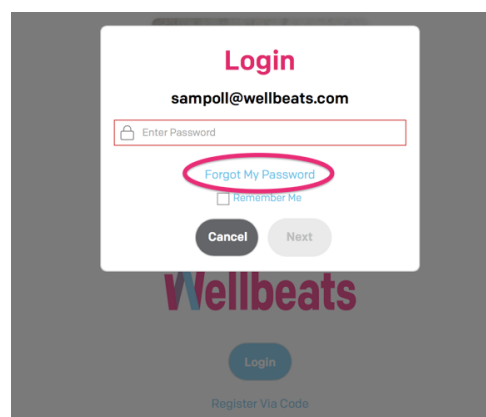


- If you are still having trouble, please contact your affiliated organization's administrator and ask about receiving Wellbeats login information. If your administrator is unable to assist, you can also contact our Wellbeats Support Team directly at [support@wellbeats.com](mailto:support@wellbeats.com).

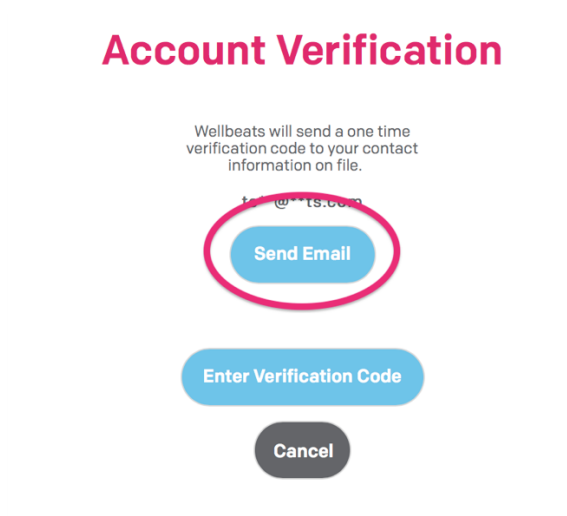
### I don't know my password:

- 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*

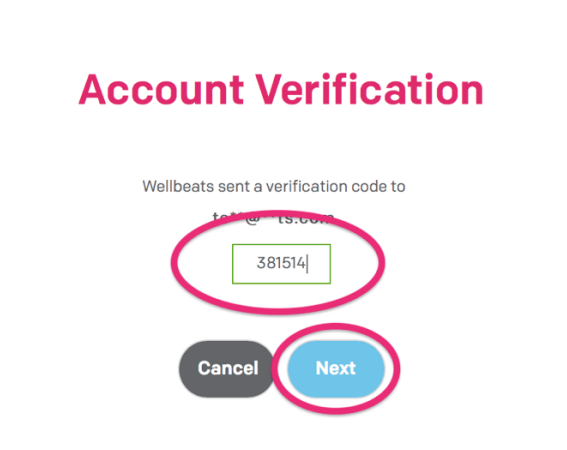


You will receive a 6-digit verification code to your email in the next 1-5 minutes. If you do not receive the email after 5 minutes, check your spam folder.

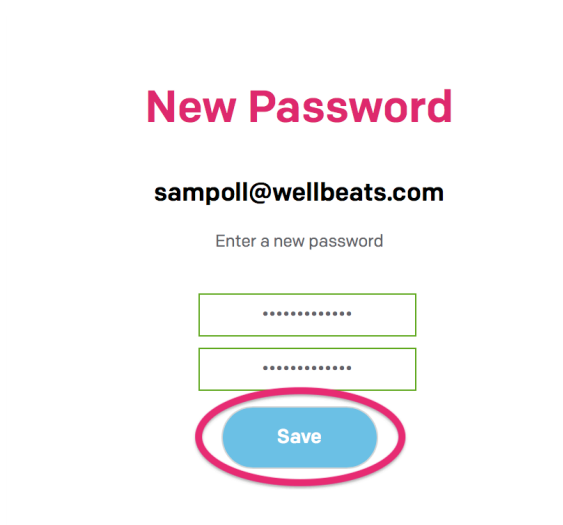
Once *Send Email* is selected, you will be redirected to a screen to enter your verification code. Please stay on this Account Verification screen to enter in your verification code. If you close out of the screen, you will need to repeat steps 1-2.

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.

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

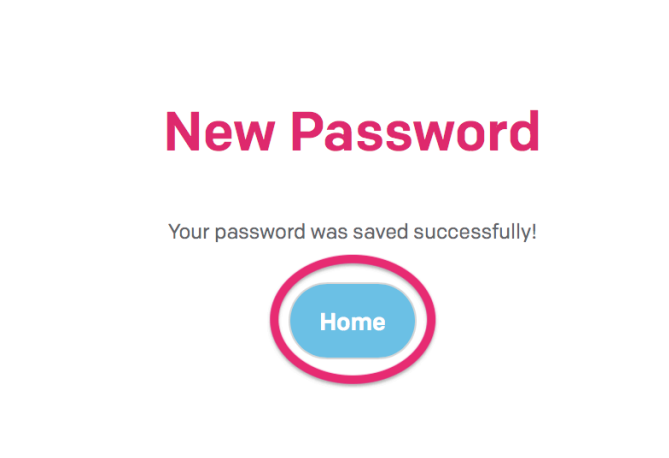


5. You will be prompted to create and confirm a new password (minimum 5 characters, no spaces). Once finished, select *Save*



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

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.

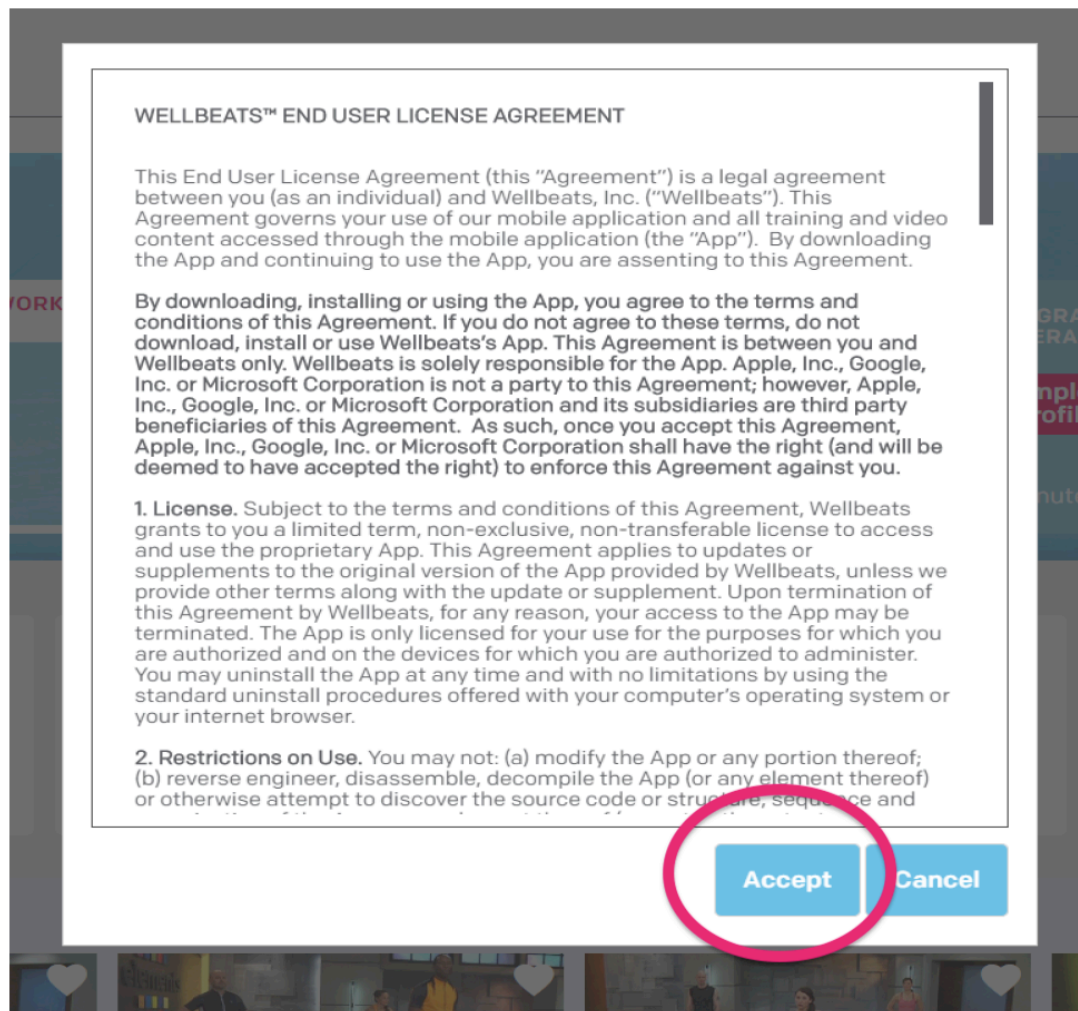


The screenshot shows a web form titled "New Password" in a large, bold, pink font. Below the title, the text "Your password was saved successfully!" is displayed in a small, gray font. Centered below this text is a blue, rounded rectangular button with the word "Home" in white text. This button is circled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

**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) ▼

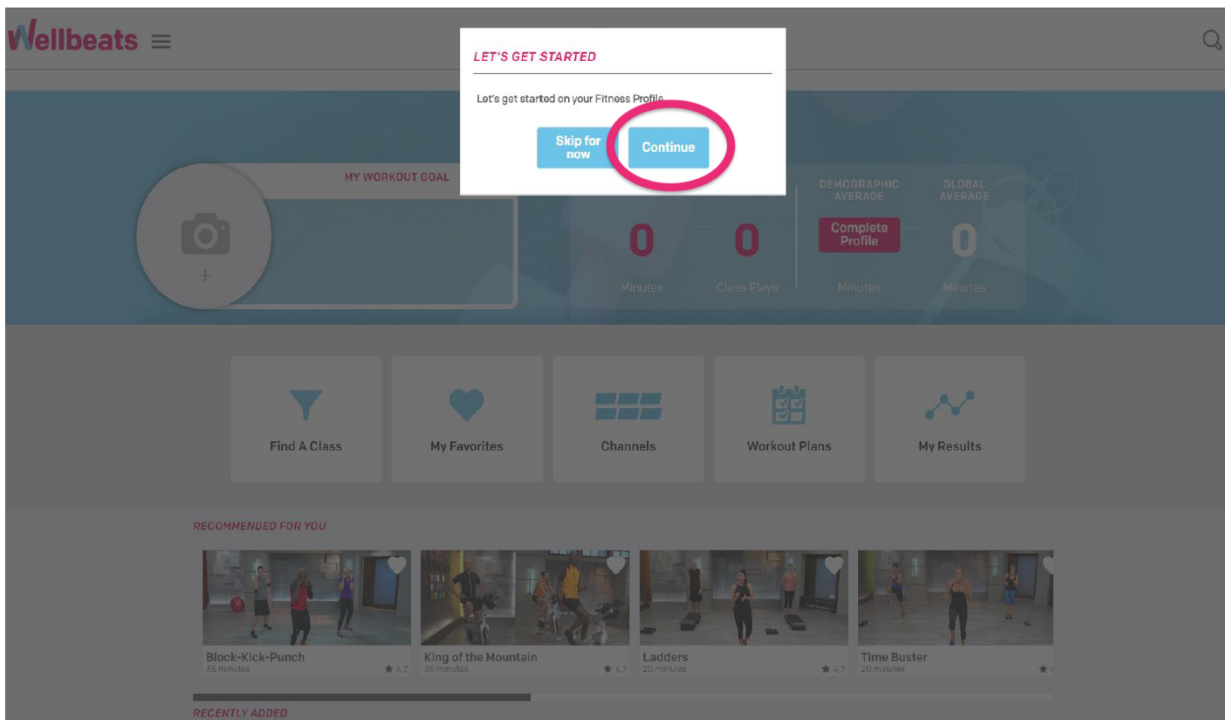
Mobile  
Mobile

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

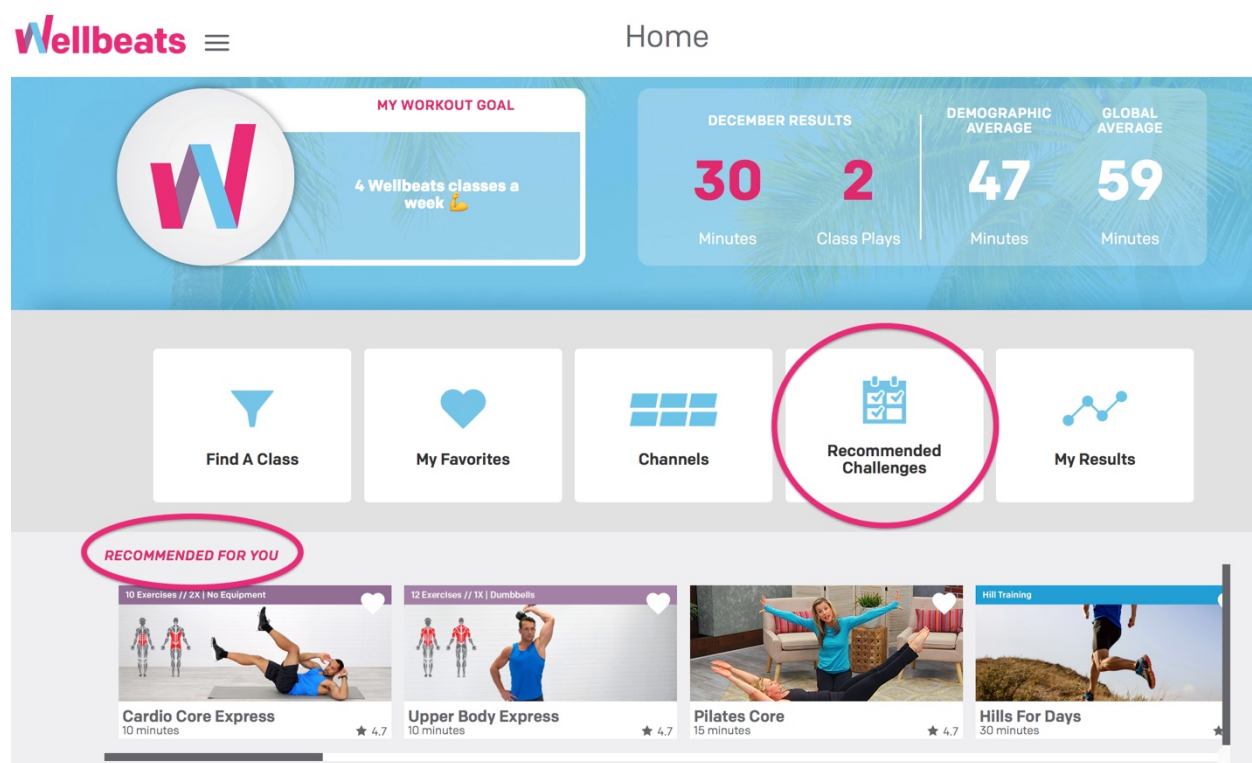
**THANK YOU!**

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/>