



# Your Way to Wellness

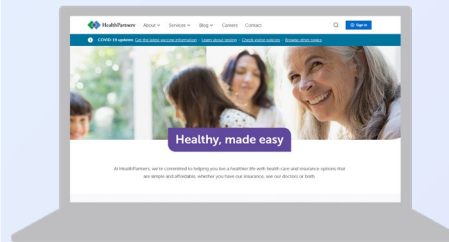
Wellbeats is your virtual wellness offering with 1,000+ fitness, nutrition, and mindfulness classes to help you live a healthier life. Whether you're an expert at yoga or new to running, looking for ways to eat healthy or only have 5 minutes to unwind, Wellbeats offers classes and programs for all ages, levels, abilities, and interests.



Here's how to get started on a computer:

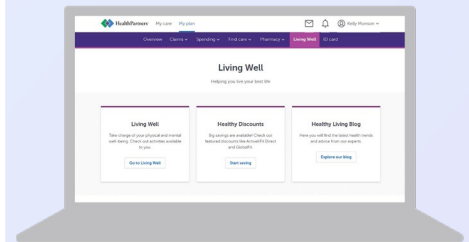
1

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



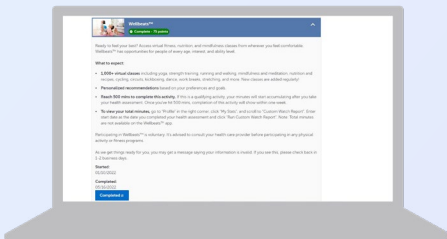
2

Go to the Living Well tab under "My Plan" and click "Go to Living Well."



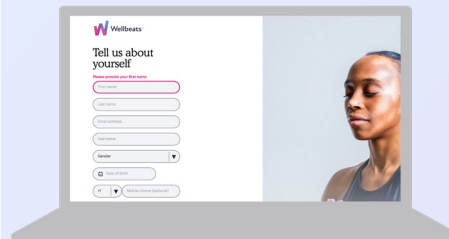
3

Locate the Wellbeats activity card and click "Get started" to automatically be redirected and sign in to Wellbeats.



4

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



Note:

Next time you use Wellbeats, please follow steps 1, 2, and 3. or go directly to [portal.wellbeats.com](http://portal.wellbeats.com). Enter the email address and password you included when completing your Wellbeats profile.



## Your Way to Wellness

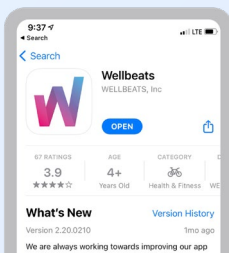
Wellbeats is your virtual wellness offering with 1,000+ fitness, nutrition, and mindfulness classes to help you live a healthier life. Whether you're an expert at yoga or new to running, looking for ways to eat healthy or only have 5 minutes to unwind, Wellbeats offers classes and programs for all ages, levels, abilities, and interests.



### Here's how to play Wellbeats classes on your phone or tablet

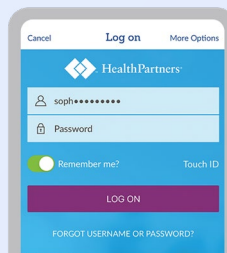
1

Download the Wellbeats app in the App Store or Google Play Store. Once the Wellbeats app is downloaded on your device, continue to step 2.



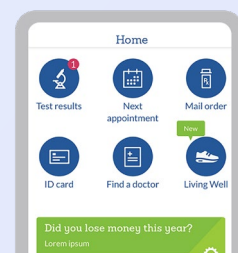
2

Log on to your HealthPartners account using the myHP app.



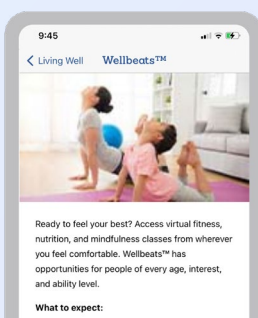
3

Go to the Living Well icon.



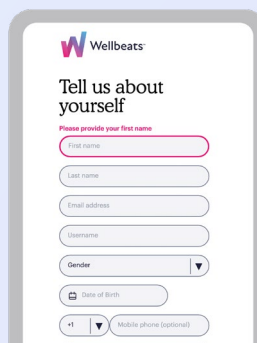
4

Locate the Wellbeats activity card and click 'Get started'. You'll automatically be redirected and signed into Wellbeats.



5

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



Note:

Next time you use Wellbeats, please follow steps 2, 3, and 4. or go directly to [portal.wellbeats.com](https://portal.wellbeats.com). Enter the email address and password you included when completing your Wellbeats profile.