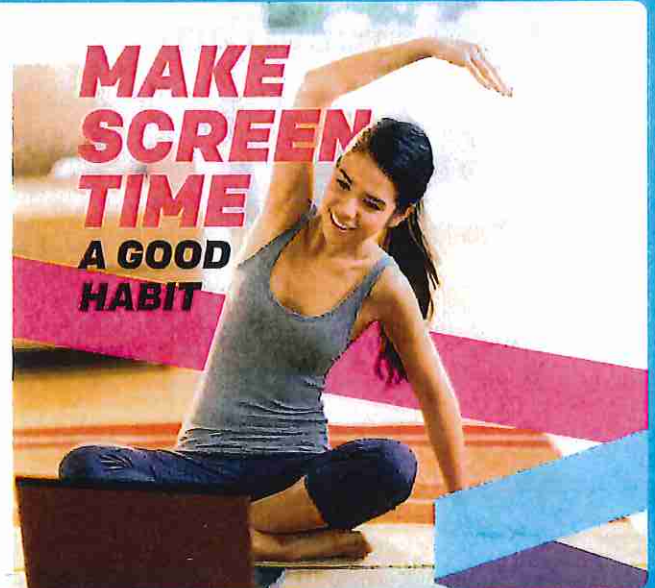




Health And Well-being Made Easy

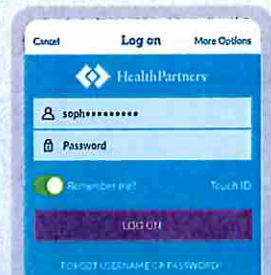
Discover fitness, nutrition and mindfulness at your fingertips with Wellbeats! Access 800+ on-demand classes with a team of friendly, certified virtual instructors coaching you every step of the way. Options for for all ages, abilities, and lifestyles. Log on to your HealthPartners account to get started!



Here's how to get started on a mobile device:

1

Log on to your HealthPartners account using the myHP app



2

Go to the "Living Well" button



3

Go to Wellbeats on-demand fitness under "My activities"



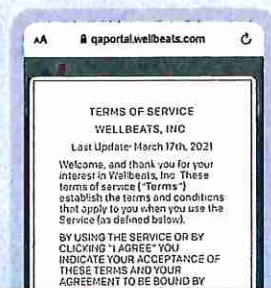
4

You will automatically be redirected and signed into Wellbeats



5

Complete and accept Wellbeats Terms and Conditions



6

Complete your Wellbeats profile



7

Complete the 7-question fitness profile

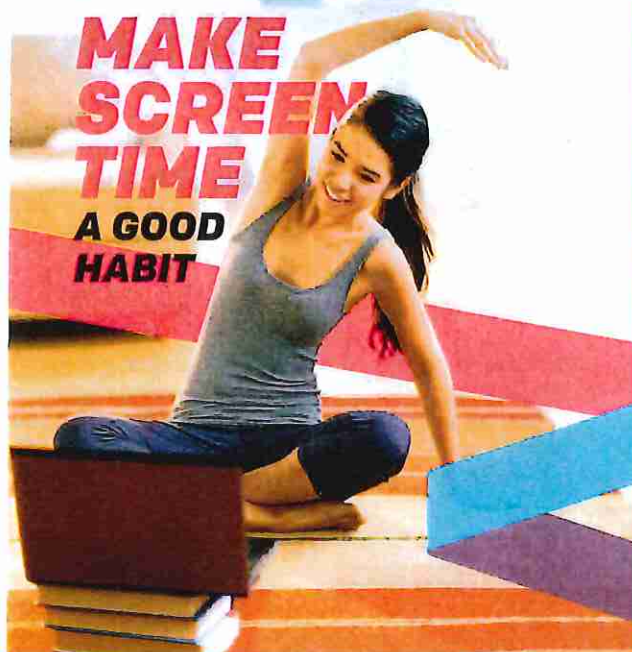




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Wellbeats



Here's how to get started on a computer:

1

Log on to your HealthPartners account at healthpartners.com



2

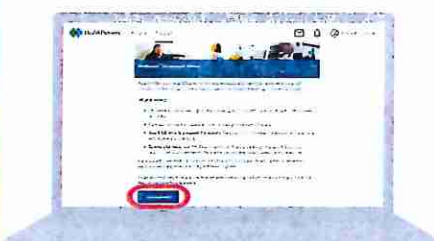
Go to the "Living Well" tab under "My Plan" and click "Go to Living Well"



3

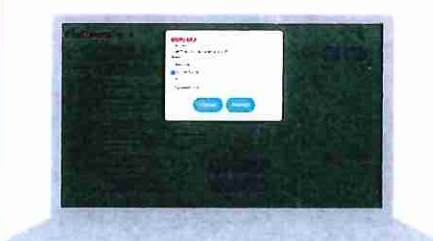
Locate the Wellbeats activity card and click "Get started"

You will automatically be redirected and signed into 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.