HealthPartners

Your Way to Wellness

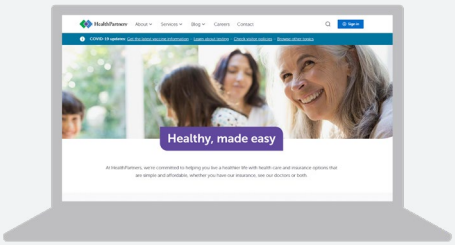
Wellbeats is your virtual wellness offering with 1,400+ fitness, nutrition, and mindfulness classes to help you live a healthier life. Whether you're an expert at yoga or new to running, looking for ways to eat healthy or only have 5 minutes to unwind, Wellbeats offers classes and programs for all ages, levels, abilities, and interests.

Wellbeats
Wellness

Here's how to get started on a computer:

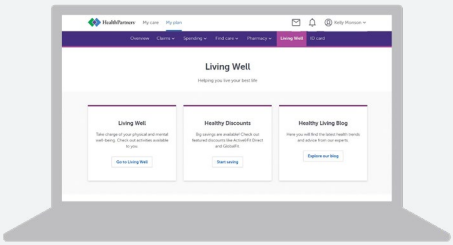
1

Log on to your health and well-being account at healthpartners.com



2

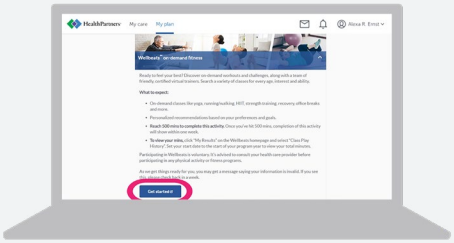
Go to the Living Well tab under "My Plan" and click "Go to Living Well."



3

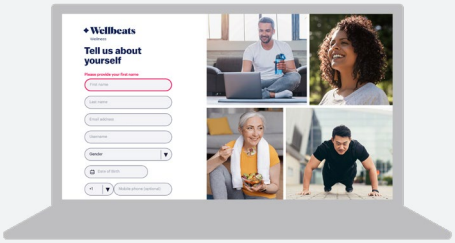
Locate the Wellbeats activity card and click "Get started."

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. or go directly to portal.wellbeats.com. Enter the email address and password you included when completing your Wellbeats profile.

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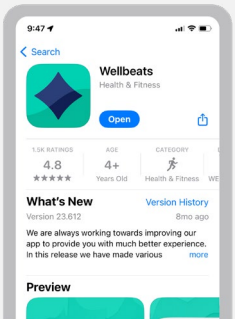
Here's how to play Wellbeats classes on your phone or tablet

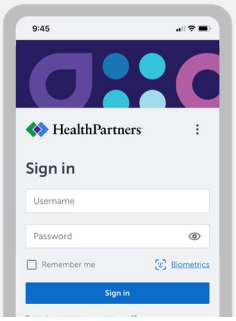
1

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.



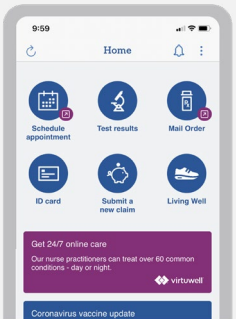
2

Log on to your HealthPartners account using the HealthPartners app.



3

Go to the Living Well icon.



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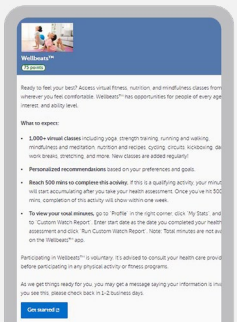

5

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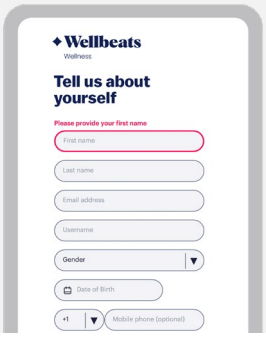

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