**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 all ages, abilities, and lifestyles. Log on to your HealthPartners Well-being account to get started!

**Note:**
Log on to your health and well-being account at healthpartners.com/wellbeing

**Here’s how to get started on a computer:**

1. **Log on to your health and well-being account at healthpartners.com/wellbeing**

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

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.**

   **Next time you use Wellbeats, please follow steps 1 and 3.**
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
   ![App Store and Google Play Store icons]

2. Log on to your health and well-being account at healthpartners.com/wellbeing
   ![Log in screen]

3. Complete the health assessment to unlock Wellbeats and other well-being activities
   ![Walking silhouette]

4. Locate the Wellbeats activity card and click, “Get started”
   ![Activity card]

   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.
   ![Profile creation]

Note:
Next time you use Wellbeats, please follow steps 2 and 4.
At this time, access is not available directly through the app.