



How to Stream Wellbeats on a Laptop

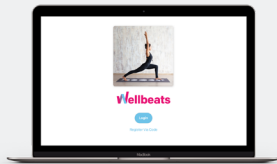
Want to play a quick home workout? Try a new recipe? Play a meditation video? Access 500+ workouts, nutrition education, and mindfulness exercises right at your fingertips.



Here is how to stream Wellbeats on your laptop

1

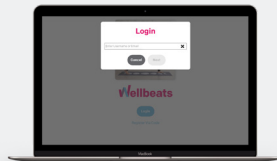
Visit portal.wellbeats.com on your preferred internet browser.



2

Select Login, then enter in your username and password.

(If you received an invitation or promo code, select Register Via Code instead and enter your code)



3

Once signed in, you can start playing classes!

(You may be prompted to create your account and fill out a Fitness Profile Questionnaire if logging in for the first time)



Recommended Web Browsers:



Google Chrome



Mozilla Firefox



Apple Safari



Edge

To ensure highest performance and security, please ensure your preferred browser is up-to-date.

If you experience any trouble, please try the following:

- Clear your internet browser's cache
- Restart your internet browser
- Disable extensions in your internet browser
- Try a different internet browser

For additional help you can also contact our support team at support@wellbeats.com. Please provide the browsers you've tried, their version numbers, and screenshots if possible.