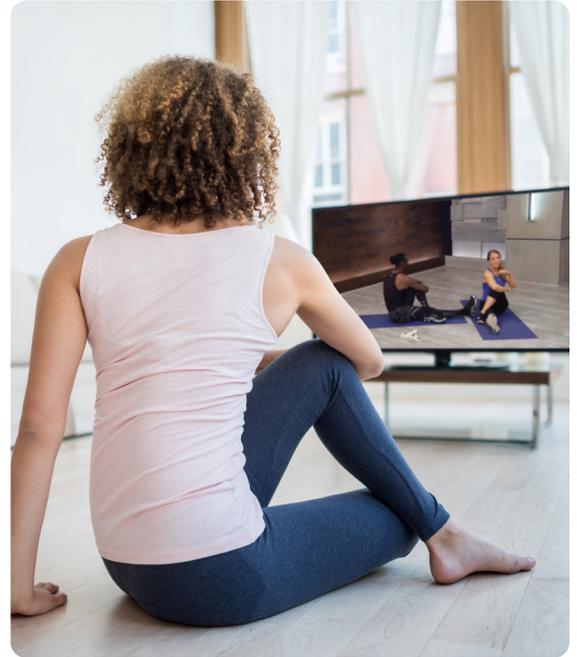




How to Access Wellbeats on a TV

Wellbeats is your virtual wellness offering to help you live a healthier life. Access 1,000+ fitness, nutrition, and mindfulness classes for all ages, levels, abilities, and interests - right on your TV!

Here are 4 ways to stream Wellbeats classes on a TV.



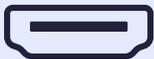
1. Connect Your Laptop, Tablet, or Mobile Device to Any TV with an HDMI Cable

Display Wellbeats on any TV by connecting to your laptop, tablet, or mobile device with your own HDMI cable.

Steps to connect via HDMI cable:

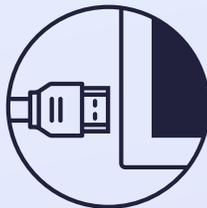
1

Locate an available HDMI port on your TV.



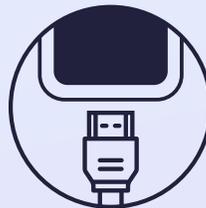
2

Connect one end of your HDMI cable to the HDMI port on your TV.



3

Connect the other end of the HDMI cable to your laptop, tablet, or mobile device*.



4

Switch to the HDMI source on your TV.

For more details on connecting via an HDMI cable, [click here](#).

*Some devices (including tablets and phones) may require an adapter.

2. Download the Wellbeats App on Apple TV

Wellbeats is available for download on Apple TV (4th generation Apple TVs and up).

Steps to download Wellbeats on Apple TV **Apple only**

1

Visit the App Store on your Apple TV.



2

Download the Wellbeats app.



3

Login using your account credentials.

For more details on downloading apps on Apple TV, [click here](#).

3. Use Google Chromecast to Wirelessly Stream Wellbeats From Your Apple or Android Device to a TV

Google Chromecast is a streaming media adapter that connects to your TV's HDMI port and allows you to play Wellbeats on a TV. There are two ways to play Wellbeats via Google Chromecast: video casting and screen mirroring. Video casting allows you to see only the video screen of a class on your Chromecast-enabled TV. Screen mirroring allows you to see your entire Android or Apple device's screen on your Chromecast-enabled TV.



Steps to wirelessly stream via video casting **Apple**

1

Connect your Apple device to the same Wi-Fi network as your Chromecast-enabled TV.



2

Login to Wellbeats on your Apple device and select the class you'd like to play, and begin the class.



3

Tap the  icon and select your Chromecast-enabled TV.

For more details on connecting via Google Chromecast, [click here](#).

Steps to wirelessly stream via video casting Android

1

Connect your Android device to the same Wi-Fi network as your Chromecast-enabled TV.



2

Login to Wellbeats on your Android device and select the class you'd like to play, and begin the class.



3

Tap the  icon and select your Chromecast-enabled TV.

For more details on connecting via Google Chromecast, [click here](#).

Steps to wirelessly stream via screen mirroring Apple

1

Connect your Apple device to the same Wi-Fi network as your Chromecast-enabled TV.



2

Login to Wellbeats on your Apple device and select the class you'd like to play.



3

Open the Control Center on your Apple device.



4

Tap the Screen Mirroring  icon and select your Chromecast-enabled TV.

For more details on connecting via Google Chromecast, [click here](#).

4. Use Video Casting on Your Android Device to Roku on Your TV

Roku is a streaming media adapter that connects to your TV's HDMI port and allows you to play Wellbeats on a TV. There are two ways to play Wellbeats via Roku: video casting or screen mirroring. Video casting allows you to see only the video screen of a class on your TV. Screen mirroring allows you to see your entire device's screen on your TV.



Steps to wirelessly stream via video casting **Android**

1

Connect your Android device to the same Wi-Fi network as your Roku TV.



2

Login to Wellbeats on your Android device and select the class you'd like to play, and begin the class.



3

Tap the  icon and select your Roku TV.

For more details on connecting via Roku, [click here](#).

For any questions, please contact Wellbeats at **855-520-7500** or support@wellbeats.com

Available streaming options, user experience, and navigation may vary according to the type and version of your device.