



Wellbeats Streaming Guide

Learn How Stream Wellbeats on Your Personal Devices

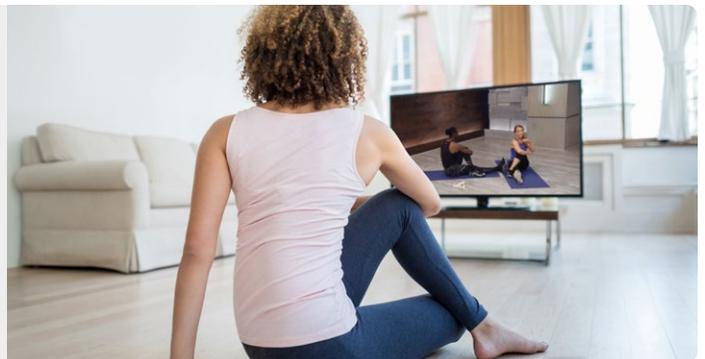
How to Stream
Wellbeats on a Laptop



How to Stream
Wellbeats on a
Phone or Tablet



5 Ways to Stream
Wellbeats Classes
on a TV



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

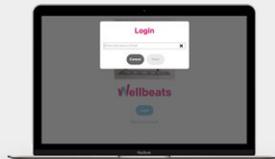
Visit portal.wellbeats.com on your preferred internet browser.



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.

How to Stream Wellbeats on a Phone or Tablet

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 phone or tablet.

1

Locate and select the App Store icon on your phone or tablet.

iOS

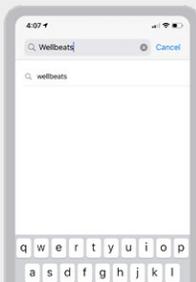
Android

Windows



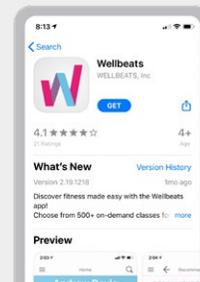
2

In the search bar, type in Wellbeats



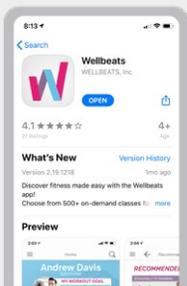
3

Select Wellbeats, then select Install or Get



4

Once the app is downloaded, select Open



5

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)

6

Once signed in, you can start playing classes!

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

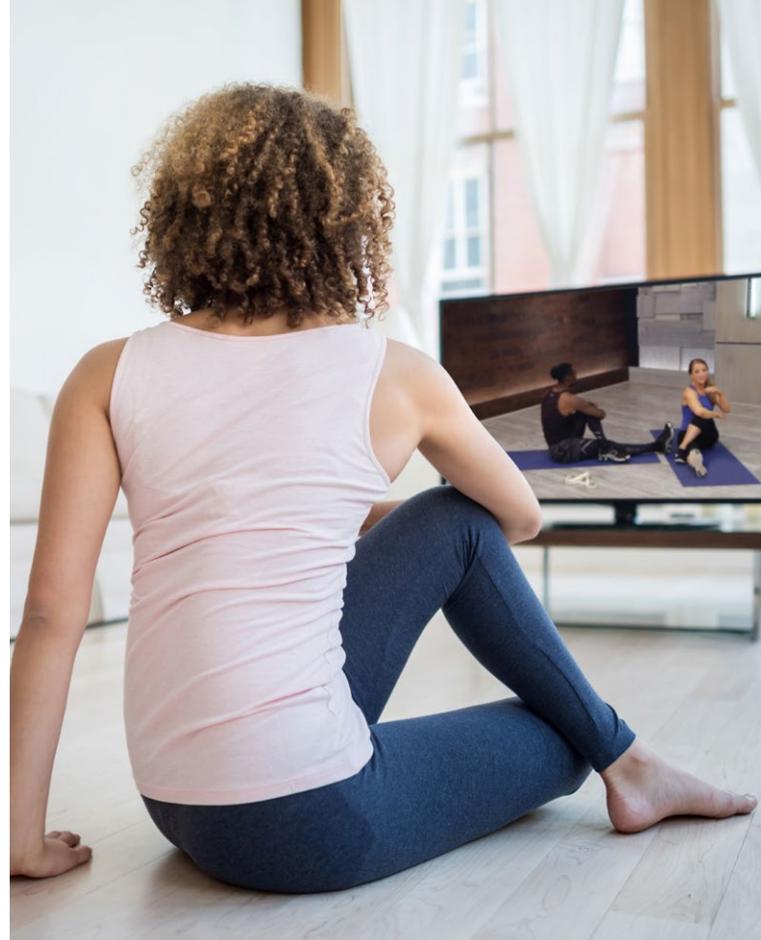
If you experience any trouble with your login credentials or need tech support, please contact our support team at support@wellbeats.com.



5 Ways to Stream Wellbeats Classes on a TV

Workout at home? Prefer to play classes on a larger screen? Size up your Wellbeats experience by streaming the same classes you know and love on your TV.

Here are 5 different 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:

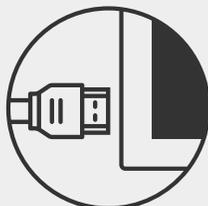
1

Locate an available HDMI port on your TV.



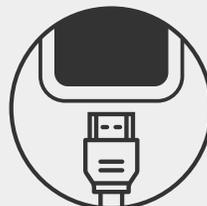
2

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. Use Apple AirPlay or Screen Mirroring to Wirelessly Stream Wellbeats From Your iPhone or iPad to Apple TV

Wellbeats is available to wirelessly stream via Apple AirPlay (video casting) or screen mirroring. AirPlay allows you to see only the video screen of a class on your Apple TV. Screen mirroring allows you to see your entire iPhone or iPad device's screen on your Apple TV.

Steps to wirelessly stream via Apple Airplay/video casting

Apple only

1

Connect your iPhone or iPad to the same Wi-Fi network as your Apple TV.



2

Login to Wellbeats on your iPhone or iPad and select the class you'd like to play, and begin the class.



3

Tap the  icon and select your Apple TV.

For more details on wirelessly streaming via Apple AirPlay, [click here](#).

Steps to wirelessly stream via screen mirroring

Apple only

1

Connect your iPhone or iPad to the same Wi-Fi network as your Apple TV.



2

Login to Wellbeats on your iPhone or iPad and select the class you'd like to play.



3

Open the Control Center on your iPhone or iPad.



4

Tap the Screen Mirroring  icon and select your Apple TV.

For more details on wirelessly streaming via screen mirroring, [click here](#).

3. 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](#).

4. 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](#).

5. Use Apple AirPlay on Your Apple Device or 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](#).

Steps to wirelessly stream via Apple AirPlay/video casting

Apple

1

Connect your iPhone or iPad to the same Wi-Fi network as your Roku TV and ensure AirPlay is turned on in your Roku settings.



2

Login to Wellbeats on your iPhone or iPad and select the class you'd like to play, and begin the class.



3

Tap the  icon and select your Roku TV.

Access may vary according to your device. For more details on wirelessly streaming via Apple AirPlay, [click here](#).

Steps to wirelessly stream via screen mirroring

Apple

1

Connect your iPhone or iPad to the same Wi-Fi network as your Roku TV and ensure AirPlay is turned on in your Roku settings.



2

Login to Wellbeats on your iPhone or iPad and select the class you'd like to play.



3

Open the Control Center on your iPhone or iPad.



4

Tap the Screen Mirroring icon and select your Roku TV.

For more details on wirelessly streaming via screen mirroring, [click here](#).

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

Available options may vary according to the type and version of your device.