Your Way to Wellness

Wellbeats is your virtual wellness offering with 1,000+ 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.

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” to automatically be redirected and sign in to 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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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 myHP app.

3. Go to the Living Well icon.

4. Locate the Wellbeats activity card and click ‘Get started’. You’ll automatically be redirected and signed into Wellbeats.

5. For first-time users, follow the steps to complete your Wellbeats profile.

Note:

Next time you use Wellbeats, please follow steps 2, 3, and 4 or go directly to portal.wellbeats.com. Enter the email address and password you included when completing your Wellbeats profile.