

Fitness isn't one-size-fits-all. Your workouts shouldn't be either.

Introducing Wellbeats™, now available through BlueCare Connect

We all want to be active and feel our best, but we don't all want—or need—the same workouts to help us get there. Now, there's Wellbeats.

A flexible, inclusive fitness experience

Wellbeats is a dynamic, all-about-you approach to fitness that's designed to help you develop and maintain a fitness routine that fits your lifestyle, schedule, and personal goals.



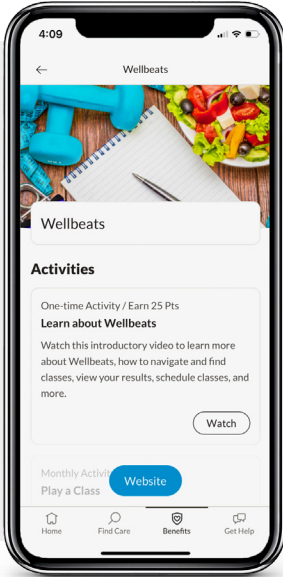
Wellbeats includes:

- **1,000+** online, on-demand fitness, nutrition, and mindfulness classes taught by certified instructors
- **30+** goal-based programs
- **70+** healthy recipes
- **Personalized** recommendations and workout plans
- **Fit tests** to help you track your progress
- **A virtual group** feature that lets you invite friends to scheduled classes
- **Selections** that are suitable for all ages, abilities, and interests

Earn wellness points through BlueCare Connect

Enjoy a healthier lifestyle and rack up those wellness points.

- Watch the **Learn about Wellbeats** video = **25 points** (one-time reward)
- Play a class = **25 points** (monthly)
- Complete 100 class minutes = **25 points** (monthly)



Getting started is easy

- 1 **Log in** to your BlueCare Connect account
- 2 **Click Benefits**, then **All Benefits**
- 3 **Select Wellbeats**, then click **Website**
- 4 **Build** a quick member profile and **go!**

Find your fitness with Wellbeats

The more you use Wellbeats, the more it “learns” about you and your workout habits so it can recommend classes and challenges to support your fitness journey—whether you’re brand-new to exercising or a seasoned athlete.

Please note: You should always consult your primary care provider (PCP) before beginning any new exercise routine, especially if you have any pre-existing or chronic health issues.

Wellbeats works



4.5 stars
average class rating

85+
countries

1.8M+
users

74
Net Promoter Score
(customer satisfaction rating)



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