



**500+ ways to enjoy
a fitness benefit
in the privacy
of your home**

FREE ACCESS
*until May 31**

GET STARTED IN 3 EASY STEPS

STEP 1

Download the Wellbeats App or visit the website portal:
portal.wellbeats.com



STEP 2

Select 'Register Via Code' and enter invitation code

AIR FORCE INVITATION CODE

Call 406-731-3600

For Access Code

STEP 3

Play a fitness class!



Wellbeats™

FITNESS IS FOUNDATIONAL

Exercise benefits the mind as much as the body. Nutrition fuels both. Wellbeats is an equitable, affordable, and easy-to-use on-demand fitness benefit that empowers habit forming physical and mental health.

FITNESS FOR THE WHOLE FAMILY

- 500+ high quality, 1-60 minute videos
- 30 channels, no equipment options, for every age, interest and ability
- Recommendation engine used to personalize and serve up content
- Goal-based challenges and fitness assessments
- Highly certified, relatable instructors
- Safe and education based
- Track progress and results

**LEARN MORE ABOUT GETTING THESE CLASSES
ON A TOUCHPAD IN YOUR MWR FACILITY**

email: edmcnamara@reachgov.com