

## Take control of your health with fitness solutions that fit your life.

Gravie and Wellbeats have partnered to bring you free, on-demand fitness that delivers classes, workout plans, and fitness assessments anytime, anywhere.

With Wellbeats, you can access 400+ classes on your personal device, including yoga, running, HIIT, recovery, and more. There's something for every age, interest, and fitness level!

### What's included

- Remote access to classes
- Workout tracking
- Tailored workout plans
- Recommended classes to accomplish fitness goals



### How it works

#### Step 1

##### Visit Wellbeats

<https://portal.wellbeats.com/#/idle>

#### Step 2

##### Log in to your account

- Username: Gravie Member ID
- Password: Gravie Group ID

*(Both ID numbers can be found on your medical card)*

#### Step 3

##### Start working out!

