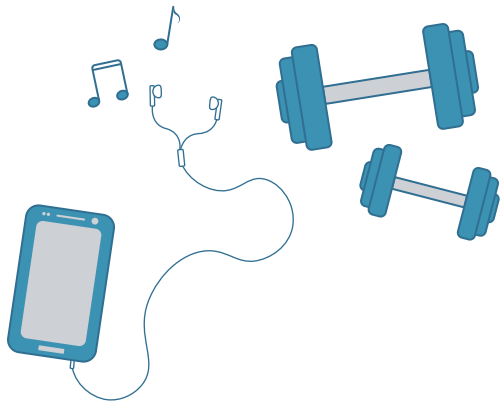


Take control of your health with fitness solutions that fit your life.

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!

