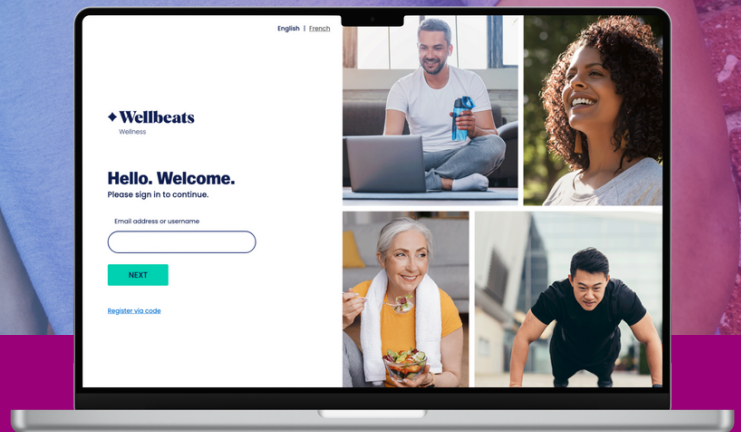




Espresa
Powering Great Workplaces®

CLIENT
LOGO

Wellbeats Wellness Your Wellbeing, Your Way!



What is Wellbeats?

Wellbeats is your on-demand wellness library, with expert-led classes in fitness, mindfulness, and nutrition.

- Accessible anytime, anywhere — at home, in the office, or on the go. Designed for every stage of life, all fitness levels, and every culture. Family-friendly, inclusive, and built to meet you where you are.

With Wellbeats you Can:

- Boost your energy and ease stress with quick, guided classes.
- Discover healthy, practical recipes and meal prep ideas.
- Recharge your mind with meditation or yoga breaks.
- Stay motivated by joining wellness challenges with coworkers.
- Earn rewards through your company's LSA or recognition programs.

What's Included with Wellbeats

Wellbeats offers a broad, inclusive library of wellness content designed to meet you wherever you are. This includes:



Fitness

- On-demand classes for all fitness levels
- Strength, cardio, yoga, mobility & more



Mindfulness

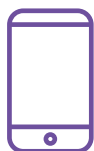
- Guided meditation & breathing exercises
- Stress-reduction sessions tailored to work-life



Nutrition

- Meal prep guides, healthy recipes, and practical tips
- Video instruction by certified professionals

How to Access Wellbeats



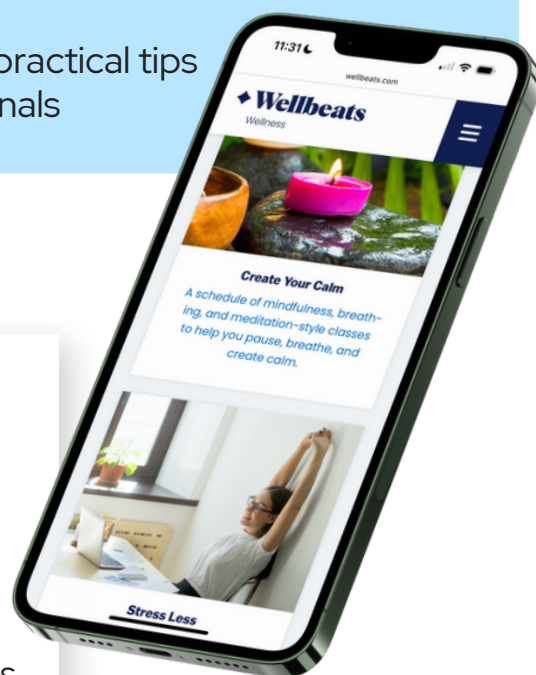
On Mobile

Download the Espresa app on iOS or Google Play, then sign in with your work email



On Desktop

Login via your company's Single Sign-On at espresa.com/login



Support & Troubleshooting

- For account access or technical issues, visit the [Espresa Help Center](#)
- For questions about your company's wellbeing offerings, reach out to your HR team

[Help Center](#)