

How to Get Started with LifeSpeak Holistic Wellness

LifeSpeak is a holistic, personalized solution that provides expert support and thousands of on-demand fitness classes, nutrition guidance, and mental health education.



How to Activate Your LifeSpeak Account

1

Go to portal.lifespeak.com on a computer or download the LifeSpeak *Holistic Wellness* app.

iOS Android

2

Enter your username and password.

If you forgot your password, select “Forgot password?” to reset your password.

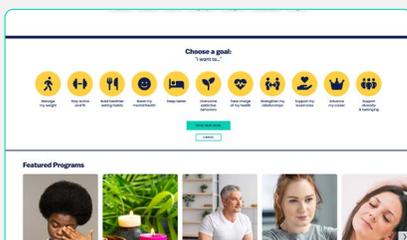
If you need help logging in, please contact LifeSpeak Support at

member.support@lifespeak.com.

Here are 8 starter tips to help you make the most of your LifeSpeak experience:

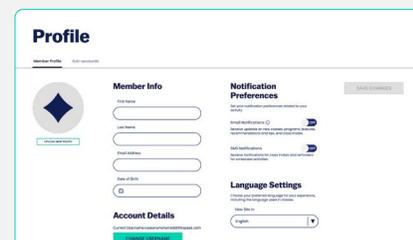
1

Choose a goal you want to focus on and enjoy personalized content based on your selection.



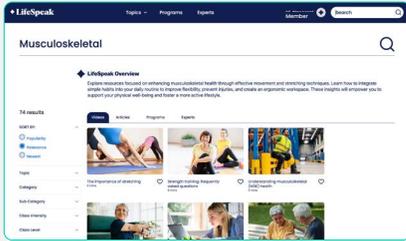
2

Complete your profile to customize your LifeSpeak *Holistic Wellness* experience. Select “Profile” in the drop-down menu to upload a profile photo, select your language preference, and manage your notification settings.



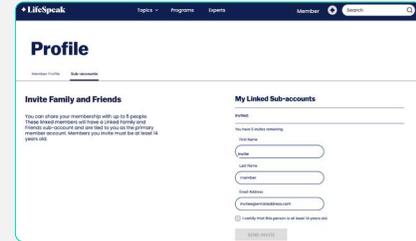
3

Search for a class according to your preferences. Filter by category, level, body focus, equipment, duration, and more.



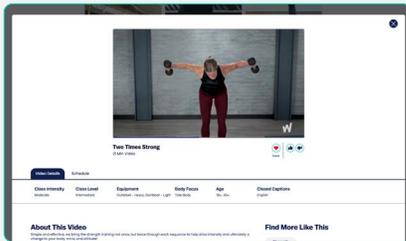
4

Invite up to 5 of your close friends or family members to enjoy LifeSpeak Holistic Wellness with you or by themselves.



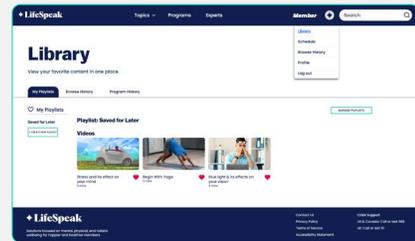
5

Play a class! Choose from 1,400+ fitness, nutrition, and mindfulness classes for all ages, levels, abilities, and interests.



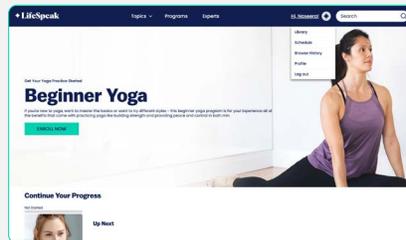
6

Love a class? Don't forget to save it! Select "Library" to create your own lists of classes you enjoy or would like to try at a later time. After completing a content the AI personalization offers Up Next and Next Best Action based on your activity



7

Join a LifeSpeak *Holistic Wellness* program to help you stay motivated and on track. Each program includes a schedule of classes to help you reach your goals.



Actual design and navigation may vary depending on your device.