



## **Wellbeats Online Registration Instructions Winter 2022**

- Clicking [here](#) will take you to the EMU Rec/IM portal for registration.
- Select the Wellbeats button.
- Click "Sign In" located in the lower right hand corner.
- Click the green "NetID" box under "Login Options". You will be redirected to an EMU Log-in page.
- Log-in using your Emich credentials. After logging in, you will be redirected back to the EMU Rec/IM Center Online Portal home page.
- Click on the green register box located in the lower right hand corner of the page.
- You will be directed to a waiver. Read through this waiver and accept to agree to the outlined conditions.
- Select "checkout" in the lower right corner of your screen. You will be directed to the next screen.
- Select "checkout" again and a receipt will be sent to your email.
- If you have any questions please contact Eric Antolak at [ellantolak@emich.edu](mailto:ellantolak@emich.edu).
- Wellbeats will email you with access privileges within 2-3 days.

### **Registration to "Train Your Way to a 5K"**

- Once you receive the email to create your account you can create your own Wellbeats login credentials.
- Click [here](#) to access the "Train Your Way to a 5K Challenge".
- Next select enroll to subscribe to this workout challenge.
- Select the start challenge to begin your workout program.