

# LifeSpeak

## How to Access LifeSpeak Guide



LifeSpeak is your virtual wellness offering to help you live a healthier life. This guide will help you learn how to access LifeSpeak on your personal devices.



## How to Access LifeSpeak on a Laptop



## How to Access LifeSpeak on a Phone or Tablet



## How to Access LifeSpeak on a TV

# How to Access LifeSpeak on a Laptop

LifeSpeak is your virtual wellness offering to help you live a healthier life. Access thousands of fitness, nutrition, mental health, mindfulness, caregiving, and substance use resources right at your fingertips!

**Here is how to play Lifespeak classes on your laptop.**

1

Visit [portal.lifespeak.com](https://portal.lifespeak.com) on your preferred web browser.



2

Enter your username and password.  
(If you received an invitation or promo code, select "Create a new account via invite code" instead and enter your code)



3

Once signed in, you can start playing classes!



## Recommended web browsers:



Google Chrome



Mozilla Firefox



Safari



Microsoft Edge

To ensure highest performance and security, please ensure your preferred browser is up-to-date. If you experience any trouble, please try the following:

- ◆ Clear your web browser's cache
- ◆ Restart your web browser
- ◆ Disable extensions in your web browser
- ◆ Try a different web browser

## Need additional help?

Contact LifeSpeak Support at  
[member.support@lifespeak.com](mailto:member.support@lifespeak.com)

# How to Access LifeSpeak on a Phone or Tablet

LifeSpeak is your virtual wellness offering to help you live a healthier life. Access expert guidance plus thousands of on-demand physical, mental, and family wellbeing resources - right from your mobile device!

**Here is how to play Lifespeak classes on your phone or tablet.**

1

Locate and select the App Store icon on your phone or tablet.

IOS

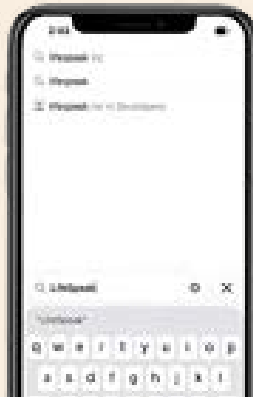


Android



2

In the search bar, type in LifeSpeak



3

Select LifeSpeak, then select Install or Get



4

Once the app is downloaded, select Open



5

Enter your username and password.  
(If you received an invitation or promo code, select "Create a new account via invite code" instead and enter your code)

6

Once signed in, you can start playing classes!



User experience and navigation may vary according to the type and version of your device.  
If you experience any trouble with your login credentials or need tech support, please contact our support team at [member.support@lifespeak.com](mailto:member.support@lifespeak.com)

# How to Access LifeSpeak on a TV

LifeSpeak is your virtual wellness offering to help you live a healthier life. Access expert guidance plus thousands of on-demand physical, mental, and family wellbeing resources.

Here are 3 ways to stream LifeSpeak classes on a TV.

## 1. Connect your laptop, tablet, or mobile device to any tv with an HDMI cable

Display LifeSpeak on any TV by connecting to your laptop, tablet, or mobile device with your own HDMI cable.

### Steps to connect via HDMI cable:

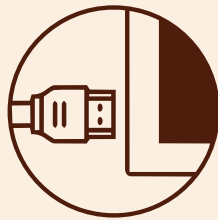
1

Locate an available HDMI port on your TV.



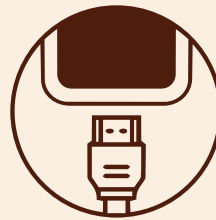
2

Connect one end of your HDMI cable to the HDMI port on your TV.



3

Connect the other end of the HDMI cable to your laptop, tablet, or mobile device\*.



4

Switch to the HDMI source on your TV. For more details on connecting via an HDMI cable, [click here](#).

\*Some devices (including tablets and phones) may require an adapter.



## 2. Use Google Chromecast to wirelessly stream LifeSpeak from your Apple or Android device to a TV

Google Chromecast is a streaming media adapter that connects to your TV's HDMI port and allows you to play LifeSpeak on a TV. There are two ways to play LifeSpeak via Google Chromecast: video casting and screen mirroring. Video casting allows you to see only the video screen of a class on your Chromecast-enabled TV. Screen mirroring allows you to see your entire Android or Apple device's screen on your Chromecast-enabled TV.



### Steps to wirelessly stream via video casting

- 1 Connect your Apple device to the same Wi-Fi network as your Chromecast-enabled TV.
- 2 Login to LifeSpeak on your Apple device and select the class you'd like to play, and begin the class
- 3 Tap the  icon and select your Chromecast-enabled TV. For more details on connecting via Google Chromecast, [click here](#).



### Steps to wirelessly stream via video casting

- 1 Connect your Android device to the same Wi-Fi network as your Chromecast-enabled TV.
- 2 Login to LifeSpeak on your Android device and select the class you'd like to play, and begin the class.
- 3 Tap the  icon and select your Chromecast-enabled TV. For more details on connecting via Google Chromecast, [click here](#).



## Steps to wirelessly stream via screen mirroring

- 1 Connect your Apple device to the same Wi-Fi network as your Chromecast-enabled TV.
- 2 Login to LifeSpeak on your Apple device and select the class you'd like to play.
- 3 Open the Control Center on your Apple device.
- 4 Tap the  Screen Mirroring icon and select your Chromecast-enabled TV. For more details on connecting via Google Chromecast, [click here](#).

For any questions, please contact LifeSpeak at **855-520-7500** or [member.support@lifespeak.com](mailto:member.support@lifespeak.com). Available streaming options, user experience, and navigation may vary according to the type and version of your device.