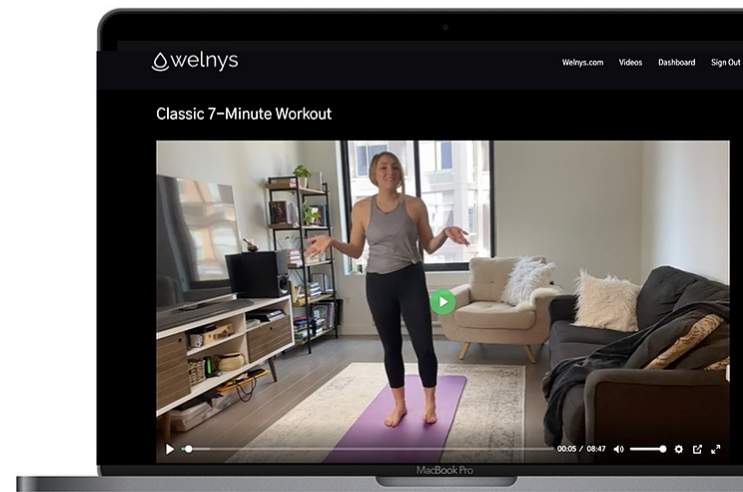


# Welcome to Welnys TV: video health content, anytime, anywhere.



Congratulations! You have been given access to one of the best tools for supporting your wellbeing on your time, at your place of choosing. Because we all know that stress and tension don't just stay at work or home, and wellness cannot be compartmentalized. Let's get started.

## Welnys TV Features

- Use on laptop, tablet or phone
- Cast to TV: Web-browser with built in castings
- Adjust playback speed, and video quality
- iOS and Android app coming soon
- Create a favorites list
- Search by instructor, difficulty, length or type

## 1 Create Your Account

To set up your account, go to the link below, fill out the customer information and submit your company's unique code at check out.

Your link: [https://tv.welnys.com/orders/customer\\_info?o=72906](https://tv.welnys.com/orders/customer_info?o=72906)

Your code: [COPEPLASTICS](#)

## 2 Sign In

You can now sign in at <https://tv.welnys.com> with the credentials you have created. Watch videos anytime!

## 3 Explore

New content will be added weekly and there will always be something new to explore! Here are some ideas to get you started:

- Bring added focus to team meetings by starting off with a meditation or breathing exercise
- Utilize stress and anxiety reducing practices from your desk before a big presentation
- Dance when no one is watching! You can access this at home as well as work.