

STRIVE WELL-BEING QUICK REFERENCE GUIDE



STEP 1: LOGIN TO OUR PORTAL

Go to Strive2bfit.com. Click the "Login" button at the top right hand corner of the screen. You will be directed to our "Online/ Virtual Classes and Events" portal. Click "Login Now".

STEP 2: CHOOSE YOUR LOCATION

Enter your company client code: COLA777. Click "Login". Choose from our "Virtual Cooking Demos" or "Virtual Fitness Classes" options. Click "Next".



Energizing on-site fitness and virtual wellness programs for 12+ years

Serving Over

erating In All

STEP 3: **REGISTER FOR CLASSES OR COOKING DEMOS**

Choose any of our "Repetitive" or "1 Day" events and click "Enroll Me". When enrolling for recurring classes, you are enrolled for the entire class series. The "1 Day Event" cooking demo classes will have the singular date and time mentioned on the class list. You will be disenrolled if you miss three classes in a row.



geles	Enrollee info for Monday Virtual Hip Hop Dance * Fusion at 530 PM PST	sc
	Your information	
	Email	
	🛛 emailid@null	
IVIO	Name	
Du Oct 4	1 Full Name	
	Primary ID (or enter N/A)	
	Primary ID (Ex. Employee ID)	
Мо	Secondary ID (or enter N/A)	
PST	Secondary ID (Ex. Department)	
🛗 Du Oct -	Cancel Next	

STEP 4: **INPUT YOUR INFORMATION**

To register for a recurring fitness class or one time cooking demo, enter the following information: County of LA email, full name, county department name, and employee number (include letter "E" or "C"). Click "Next".

STEP 5: SIGN THE LIABILITY WAIVER

Review the "Risk and Liability Release" Form entirely. Once complete, click the "Electronic Acceptance" box below. Click "Register". You are now registered for the recurring class or cooking demo!

STEP 6: SAVE THE DATE ON YOUR CALENDAR

Once you register, you will receive a confirmation email with the AnyMeeting meeting details, and the attached .ics file/ calendar invite will also have the AnyMeeting meeting details.

Waiver and Rules RISK AND LIABILITY RELEASE 1. Participant's Acknowledgement & Assumption of Risk: Participant acknowledges that the services provided by Strive Well-Being, Inc. (Strive) online and at Participant's place of employment include participation in strenuous physical activities, including, but not limited to aerobic dance, weight training, stationary bicycling, and various aerobic conditioning machinery (the *Electronic Acceptance* Cancel Previous Register

Tue 10/5/2021 11:29 AM

County of Los Angeles <colaops@strive2bfit.com> Enrollment Confirmation - Thursday Healthy Cooking Demo At 6pm PST For County Of LA rive2bfit.com o download pictures. To help protect Microsoft Outlook Х on.ics Add this Internet Calendar to Outlook ou should only open calendars from sources you know and trust ille Romero, Attachment "Session.ics" from "Enrollment Confirmation -Thursday Healthy Cooking Demo At 6pm PST For County Of LA' ouble-click the attachment to w registered for Thursday He o your calendar. No RL: https://www.anymeeting.com/137-851-56 ial-In Number: +1-415-200-1362