

# Live a Healthier Life with Family and Friends

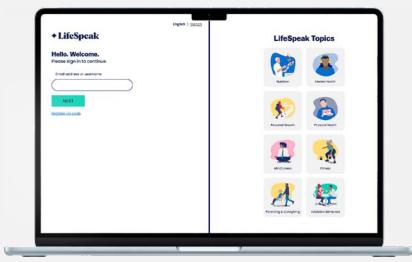
Invite others to join LifeSpeak Holistic Wellness with you and stay healthy together – whether a spouse, friend, family member, or neighbor! Note: You can invite up to 5 others. Invitees must be at least 14+ years of age.



## HERE'S HOW IT WORKS:

1

Log in to your LifeSpeak Holistic Wellness account via the app or the website portal at [portal.lifespeak.com](http://portal.lifespeak.com)



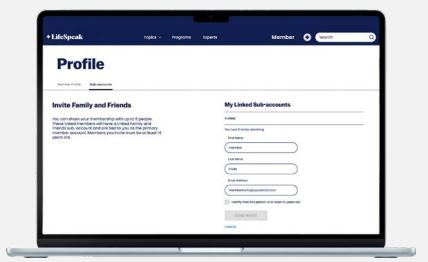
2

In the dropdown menu located in the upper right corner, select "Profile".



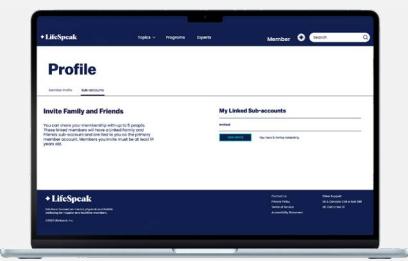
3

Select "Sub-accounts" and then the "Send Invite" button if accessing on the website portal, or "Friends & Family Accounts" on the app.



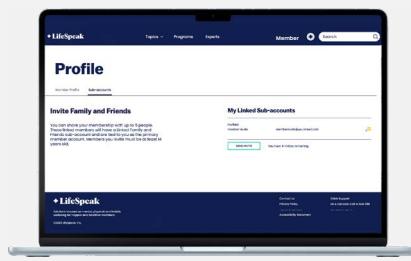
4

Enter the first name, last name, and email address of whom you would like to invite. Confirm they are at least 14 years of age, then select "Send Invite".



5

Your invitee will receive a Welcome email with their username and temporary password.\*



\* Email may land in spam/junk folders. Please do not remove and re-add an account as this will not re-send an email invitation. If an invitee has not received an email, please contact [member.support@lifespeak.com](mailto:member.support@lifespeak.com).

Actual design and navigation may vary depending on your device.