

Investing in Your Wellbeing

A solution to stay fit
whether you're at home
or on the go.



With Wellhub, you receive free access to these 10 wellbeing apps:



Gym Life
Create and track
workout routines



Yogaia
Practice yoga
simply



SworKit
On demand fitness,
mindfulness and
recovery



Meditopia
Meditation, Sleep,
Mindfulness



Sleep Cycle
Sleep Tracker, Monitor
& Alarm Clock



iFeel
Self-care tools
and content



Ekilu
Cooking recipes
and healthy lifestyle
resources



Nootric
Access to nutrition
programs and guidance
from nutritionists



MyFitnessPal
Track your exercise
and nutrition goals



Fabulous
Build better habits &
achieve your goals

Get started now!

1. Download the Wellhub app on your smartphone.
2. Create an account by using Morgan Stanley as your company and select your specific country. Enter your employee email address and create a password.
3. Review the free Digital Plan and add this membership to your basket. Proceed to checkout and activate your plan.



Access partner wellness apps

1. Open the Wellhub app and navigate to apps included in your plan.
2. Check out the list of partner apps available.
3. Choose an app, read the instructions and click on the activate button.

*App language and availability may vary in each respective country and are also subject to device settings. Registration required to view available apps.

Wellhub: FAQ

- 1. How do I sign up for Wellhub?**
Download the Wellhub app and enter Morgan Stanley as your company and select your specific country. Create your account by entering your employee email address and creating a password.
- 2. What is included in my Wellhub membership?**
Your new Wellhub membership includes 10 fitness and wellbeing apps: Gym Life, Yogaia, SworKit, Meditopia, Sleep Cycle, iFeel, Ekilu, Nootric, MyFitnessPal and Fabulous. Options include resources for sleep support, meditation and mindfulness, nutritional guidance and planning, and a wide variety of fitness activities. There's no fee to join or use these resources and you can refer up to 3 family members to this plan.
- 3. How do I start my plan?**
Review the free Digital Plan and add this membership to your basket. Proceed to checkout and activate your plan. Once your plan is activated you can start using Wellhub immediately!

- 4. How do I find which wellness partner apps Wellhub offers?**
Once you create your free Wellhub account, you will be able to view everything that Wellhub has to offer. Simply log in to the Wellhub app, click the 'Explore' tab, then 'Apps', and you will be able to see all of the different apps that you can utilize once you are an enrolled user. Make sure to look at the wellness partner app's specific page on Wellhub to get instructions on how to access the app.
- 5. Can my family members join Wellhub?**
Yes! Once you are logged into the app, you will see a section to refer up to 3 family members. Click on Profile > Gear Icon > Account > Family Members. After you click on the family member tab under the "Subscription" section you will be able to select the Digital Plan for your family member. Complete the purchase and share the sign-up link with your family member.
*Family members are defined as your parents, children, partner, or spouse.



Get started today!
Download the Wellhub app
and create your free account
by scanning this QR code.

Need more help?

Chat with us: support.wellhub.com
Email us: mshelp@wellhub.com
More information: promo.gympass.com/morgan-stanley-non/