



Vera Bradley

STUDENT USER MANUAL

Vera Bradley
Wellness Bundle
Revision 1



Our Mission

- Our mission is to give you and the Vera Bradley team access to the best wellness instructors from around the world. We offer both live and recorded classes that can be taken in the privacy and convenience of your own home.

How it works (step by step)

- 1. Subscribe to the Wellness Bundle** here
<https://benefitsquad.com/product/subscribe-to-the-wellness-bundle-vera-bradley-employee-trial/>
- 2. Download** the Zoom app... or our free BenefitSquad app to your mobile device at
<https://benefitsquad.com/download/>
- 3. Join** the live classes or **view** recorded classes (access to the Vera Bradley Wellness Bundle only, other classes on the site may be purchased separately)

Desktop experience

Vera Bradley

LIVE

Upcoming Meetups

Your Time Zone is America/New_York

Show entries Search:

Meetup Name	Meetup Date	Join Meetup	Meetup ID
Cardio-45 with Steph	October 19, 2020, 7:15 am	Click Here	96837811822
HIIT/CORE-45 w/ Megan!	October 19, 2020, 6:00 pm	Click Here	98256540115
CORE-30 with Steph	October 20, 2020, 4:30 pm	Click Here	98280366928

Live Class

RECORDED

Meetup Recordings

HOW IT WORKS POINTS BILLING

Show entries Search:

Event Name	Date	Play
Evening Restorative Flow 30	September 14, 2020, 6:55 pm (Eastern Time)	Play
HIIT/CORE-45 w/ Megan!	September 14, 2020, 5:49 pm (Eastern Time)	Play
Cardio-45 and Mobility with Steph	September 14, 2020, 7:57 am (Eastern Time)	Play

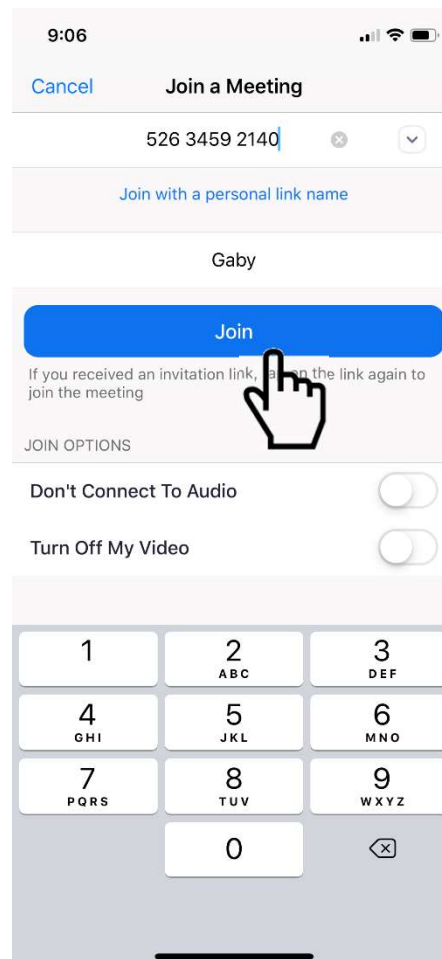
Recorded Class

Using Zoom for the live class?

Click “Join a Meeting”

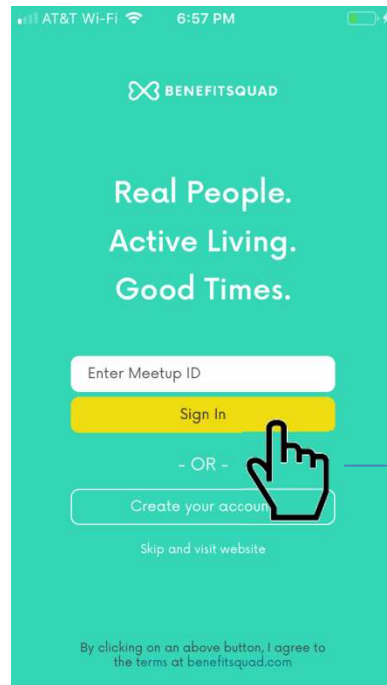


Manually type in the 11-digit Meetup ID

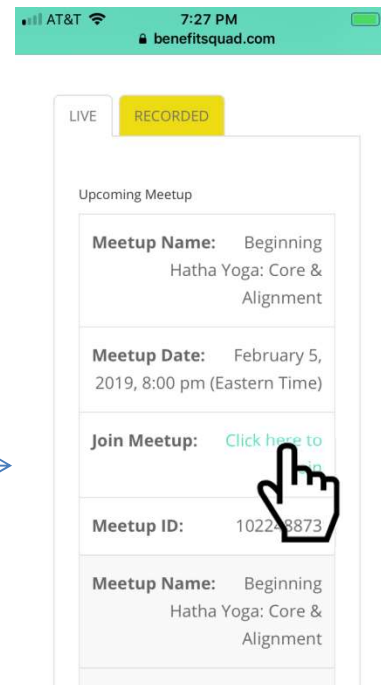


OR... use our mobile app

Click on Sign In



Click here to Join

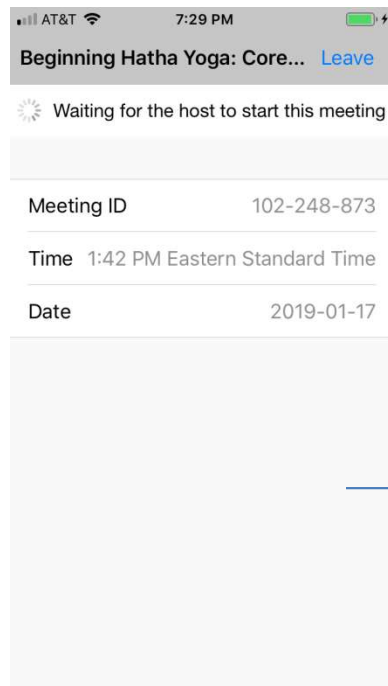


(the BenefitSquad mobile app offers a more private viewing experience, that shows just the instructor and not the other students)

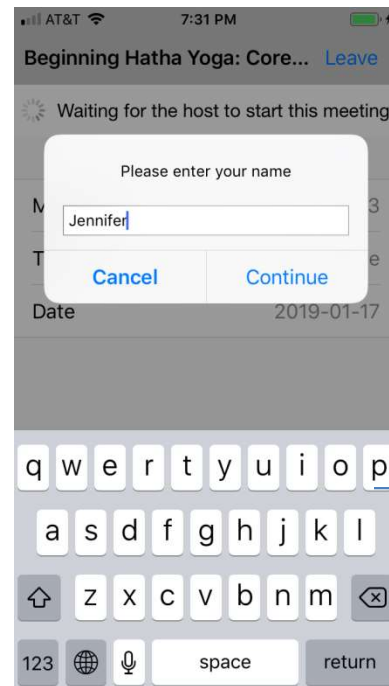


How it works (mobile app)

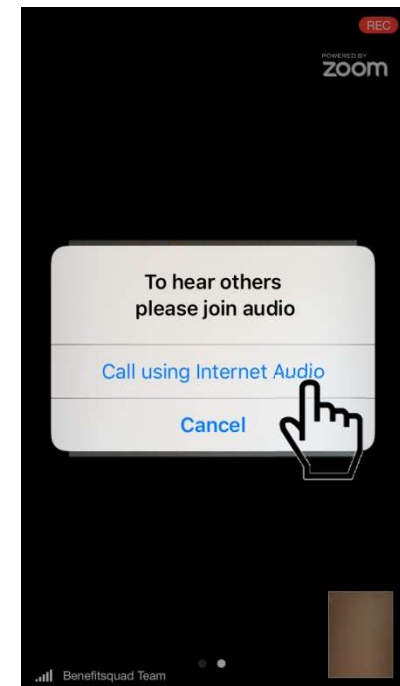
Wait for Instructor



Enter Name

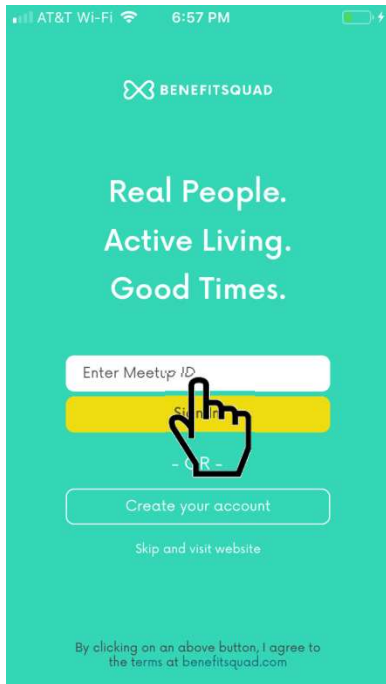


Call using Internet Audio

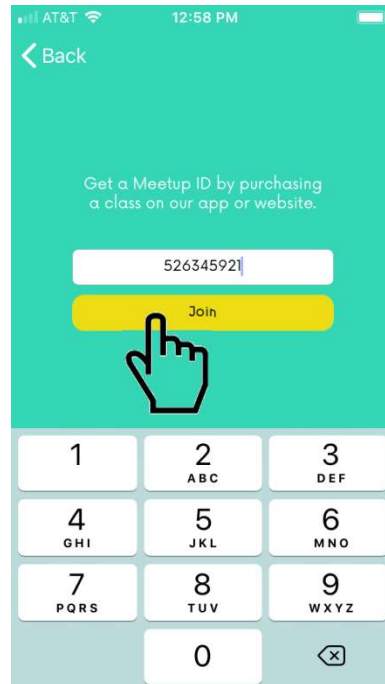


Troubleshooting?

Click “Enter Meetup ID”

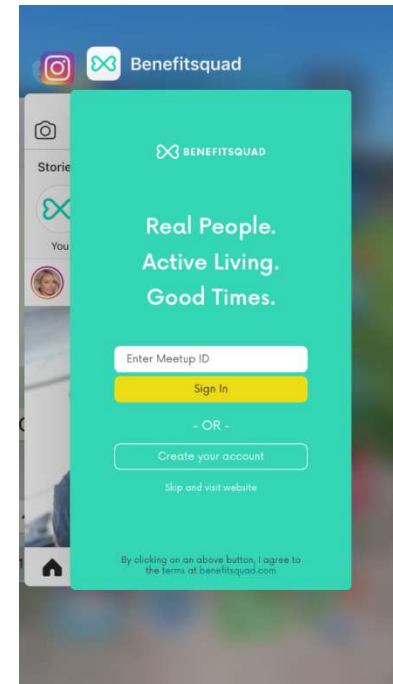


Manually type in the 11-digit Meetup ID

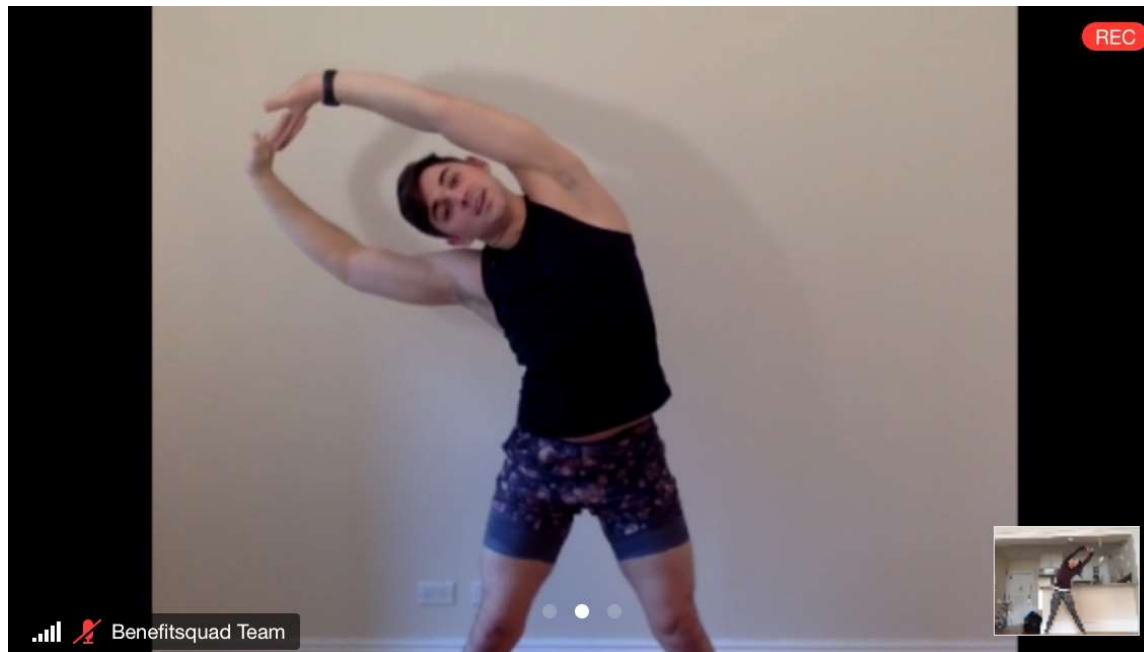


OR

Double press on your device’s home button and swipe up on the app, to force shutdown the app. Then re-open app



Default Student View



(Always have the option to turn off your own video if you are more comfortable)

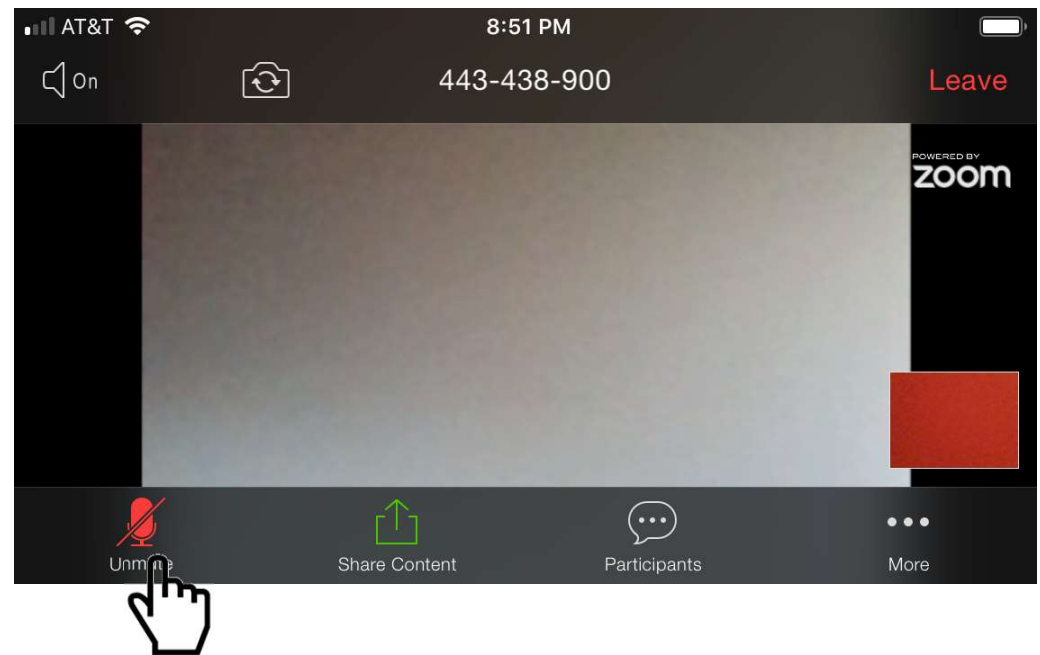
Hardware

1. Use a mobile device (iPad or tablets are recommended) or laptop
2. Set the device approximately 6 to 10 feet away
3. A bluetooth earpiece is optional and can improve the audio experience



Mute or Unmute

1. Tap on the screen and a Mute button will show
2. If the Mute icon is red, that means you are muted
3. If you want to talk to your instructor, make sure to unmute to your audio
4. If you want to have a more private experience or if you have a noisy background, you can mute your audio




Email Reminders

Invite: Super Sculpt! Cardio & Toning workout 🔗 Inbox x

Benefitsquad
to ▾

📧 6:16 AM (1 hour ago)



Invite: Super Sculpt! Cardio & Toning...

When Mon May 11, 2020 12:30pm – 1:30pm (EDT)

Where Check Below

Who Benefitsquad*

Click here for class details and join links: <https://benefitsquad.com/public/sotqvgew8qh5e50556avu4/>

This is a calendar invite that can be added to your calendar by accepting the invite or clicking the ics attachment below!

Recordings will automatically show up in your account, for students who miss or cannot make the class 😊

(Reminder invites are emailed approximately 6 hours before each live class. If you can't make a live class, recordings are available within 24 hours!)



Questions?

- Visit our site <https://benefitsquad.com/>
- Email us at welcome@benefitsquad.com
- Thanks!