

Bellabeat Wellness Coach App

WELLNESS CONTENT LIBRARY

Unlimited access to 400+ educational video, written and audio content from areas of beauty, fitness, mindfulness, women's health and much more. Available to all Bellabeat+ members.

ACTIVITY TRACKING

Keep track of steps taken, distance traveled, calories burned, and active minutes, as well as choose between over 70 custom activities for even more accurate data activity tracking.

SLEEP PATTERN ANALYSIS

Monitor how long or how well you sleep and gain valuable insight into your sleep patterns including awake time.

STRESS RESISTANCE

By monitoring activity levels, sleep quality and reproductive health you'll be able to observe how sensitive you might be to a stressful situation, allowing you to manage or preemptively prepare for it through in-app meditations.

MENSTRUAL CYCLE

Bellabeat's period tracking feature allows you to view the ovulation, premenstrual, and period days as well as keep track of your pregnancy with educational in-app notes.

HYDRATION MONITORING

Set or receive a tailored water intake goal, track every sip you take, and receive reminders to stay regularly hydrated.

SILENT ALARMS & INACTIVITY ALERT

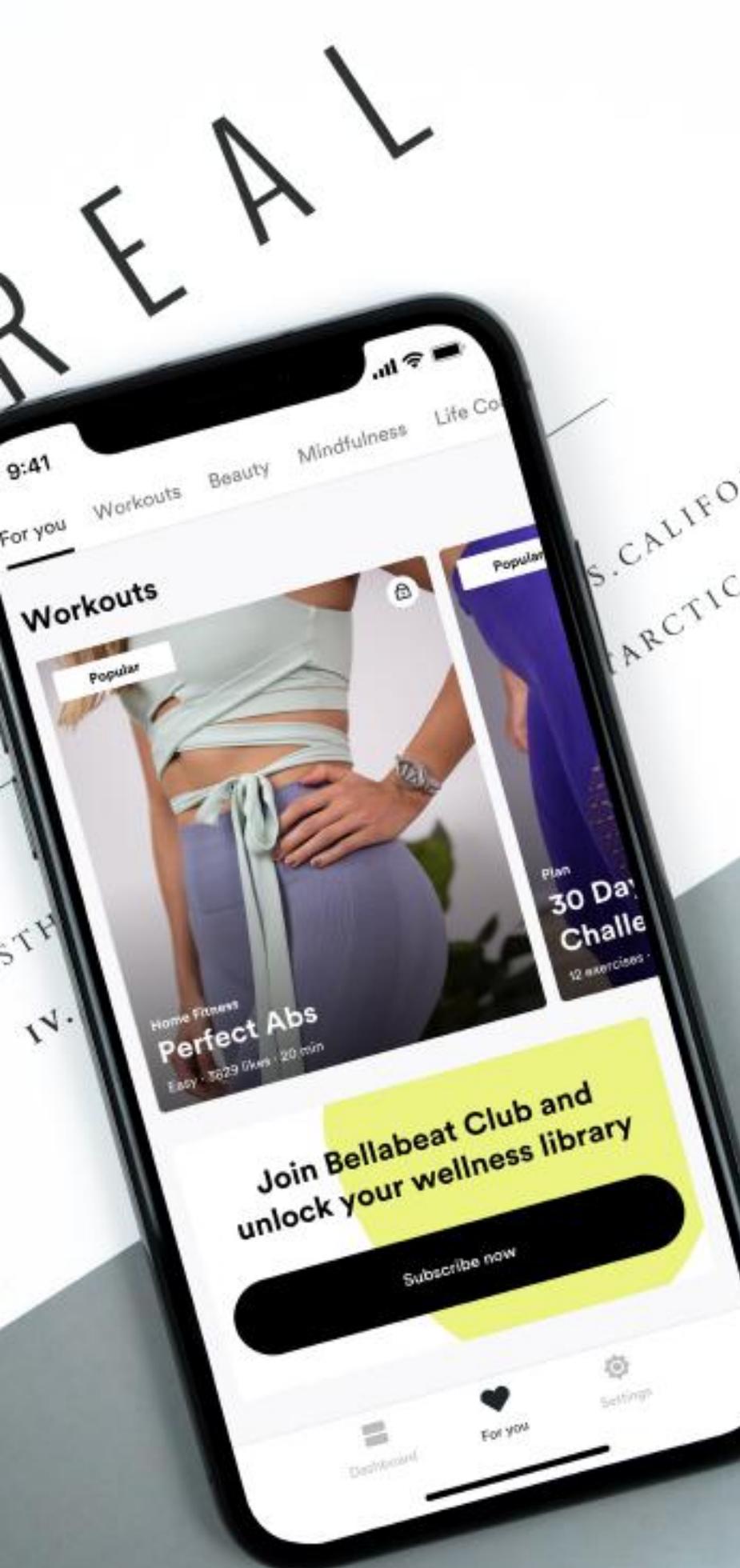
Get reminders to stay active with silent vibrations depending on your selection, and set up a silent alarm that will wake you from your sleep with gentle vibrations.

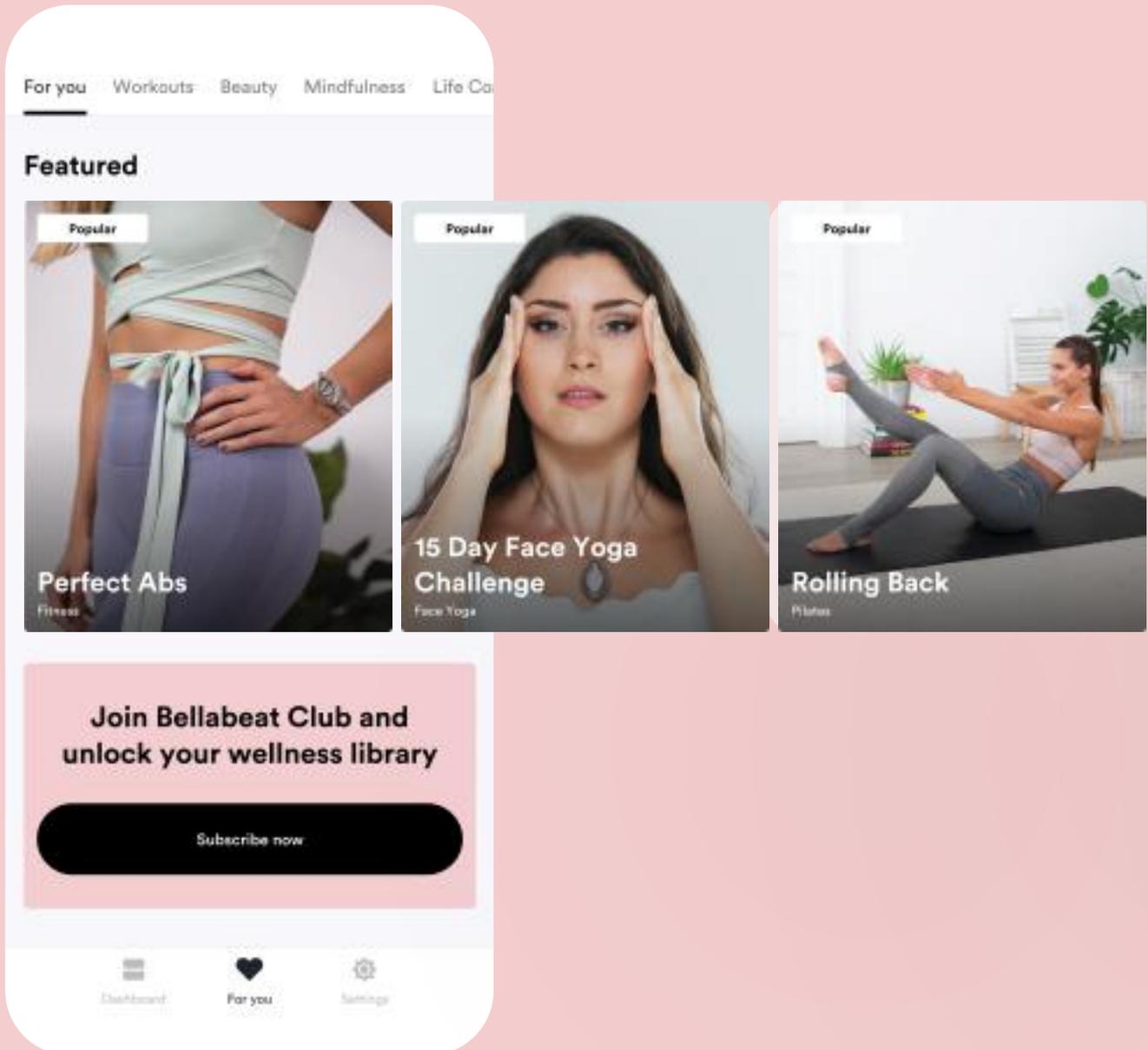
PERSONALIZED GOALS

Set your own goals for activity, sleep, meditation and hydration with the ability to increase or lower it based on your preference or progress.

MOTIVATIONAL REMINDERS

Stay motivated through inspirational prompts and informational messages within the app.





INTRODUCING THE BELLABEAT WELLNESS COACH APP AND BELLABEAT+ MEMBERSHIP — A ONE-OF-A-KIND APPROACH TO ACHIEVING YOUR ULTIMATE STATE OF WELLNESS.

All Bellabeat products connect to the same app in order to give you important insights into your daily habits, lifestyle, and well-being in one compact place. Bellabeat+ Membership provides you unlimited access to a wellness library with over 400 video, audio and written content created in collaboration with industry experts. Track, learn and discover your mind-body balance with guidance from the ultimate wellness app. New content is continually being added into the app to ensure a fresh and wholesome experience. The app is available for download on iOS and Android.