

Wellness Pod Tips for Success



With a new Wellness Pod, as a general guideline, we recommend both members and Staff use it 3 times preferably, but no less than 2 times to get a good feel for it.

If possible, it's best if first-time users are accompanied by Staff to start their session and given a brief overview and explanation of the 3-step process below.

- **FIRST TIME - Explore**

Start with 2-minute tutorial, then explore the different video sections and features (fan, heat, aromatherapy, heart rate monitor). Good to jump around, only a minute or 2 on each one.

TIP: Point out the "HOME" button to exit a section and return to the main menu of options

- **SECOND TIME - Refine**

Narrow down favorites and watch a few minutes of each, along with preferred feature settings

- **THIRD TIME - Relax**

Now you're ready for a full mental relaxation experience. Pick one or two videos you loved and enjoy for 15 minutes. After this, you'll know if the Wellness Pod is for you or not

Staff engagement is key to success! Each Staff member should go through this process to become familiar with all that the Wellness Pod has to offer.

