



Wellness Videos On Demand

Access Well Aware Recorded Wellness Videos Located on MIIAWinners

Enjoy unlimited, on-demand access to recorded wellness video content including fitness/exercise, nutrition, weight management, self-care, and more on an easy access portal.

Please follow the instructions below to view the full library of wellness videos anywhere, anytime!

Log into or create a MIIA Winners account following the instructions below:

1. IF YOU **HAVE** A MIIAWINNERS ACCOUNT

- a. Log in to miiawinners.org
- b. Agree to the waiver and assumption of risk and release, if you have not done so already
- c. Scroll down to **Well Aware Video Library** and click **explore now** – here you will find a library of all wellness videos ready to view anywhere, anytime!

2. IF YOU **DO NOT HAVE** A MIIAWINNERS ACCOUNT

- a. Visit miiawinners.org
- b. Click the red “Proceed to Registration” button
- c. Enter the code: *mii4all*
- d. Create your account, log in, and agree to the waiver and assumption of risk and release
- e. Scroll down to **Well Aware Video Library** and click **explore now** – here you will find a library of all wellness videos ready to view anywhere, anytime!