

# On-Demand Fitness Video Library Account Setup Tips

Thank you for choosing Fort HealthCare! The following Fitness Video Library account setup instructions should help you get started. If you experience any difficulties at all, please contact [tiffany.pernat@forthc.com](mailto:tiffany.pernat@forthc.com).

1. Go to [www.FortHealthCare.com/OnDemand](http://www.FortHealthCare.com/OnDemand)
2. Click on “sign in”



Fitness Video Library

Sign In

Fitness Library

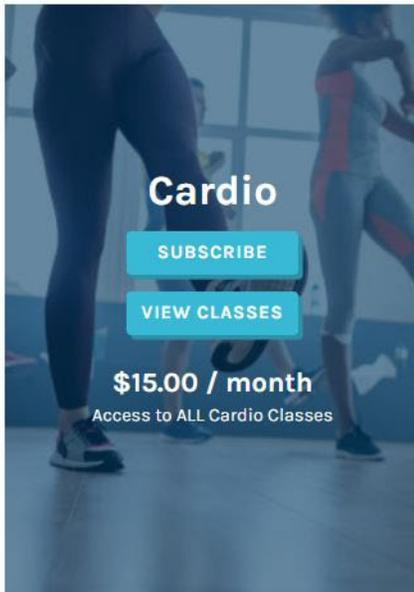
Cardio

Mind & Body

Strength

Home > Fort HealthCare Fitness Video Library

## Fitness Library

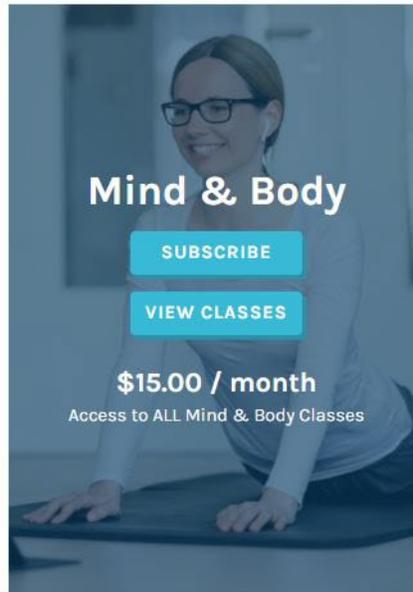


**Cardio**

SUBSCRIBE

VIEW CLASSES

**\$15.00 / month**  
Access to ALL Cardio Classes

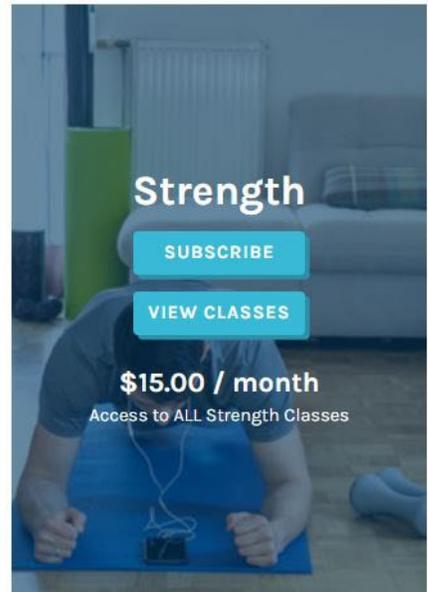


**Mind & Body**

SUBSCRIBE

VIEW CLASSES

**\$15.00 / month**  
Access to ALL Mind & Body Classes



**Strength**

SUBSCRIBE

VIEW CLASSES

**\$15.00 / month**  
Access to ALL Strength Classes

**Subscribe to ALL and save!**

**\$35.00 / month**

Access to ALL On-Demand Digital Classes

SUBSCRIBE NOW

3. If you already have an account, you can use your email and password here to access the video library. If this is the first time you are using the library, you must “create an account.” (NOTE: The system will recognize the email and password you’ve used before to register for Fort HealthCare classes before).



Home > Fort HealthCare Fitness Video Library > Log In

## Log In

Email address \*

Password \*

LOG IN

Remember me

[Lost your password?](#)

[Don't have an account? Register now.](#)



## Create Account

Create your account today to start your subscription!

CREATE AN ACCOUNT

[Learn more about subscriptions](#)



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4. For new account registrations, fill out the information in the form and keep track of the email and password that you use for next time.

The screenshot shows the registration page for Fort HealthCare's Fitness Video Library. At the top left is the Fort HealthCare logo with the tagline "FOR HEALTH." and the text "Fitness Video Library" next to it. A "Sign In" link is in the top right. A blue navigation bar contains "Fitness Library", "Cardio", "Mind & Body", and "Strength". Below the navigation bar is a breadcrumb trail: "Home > Fort HealthCare Fitness Video Library > Log In". The main heading is "Log In" with a sub-heading "Register". The registration form includes fields for "First Name \*", "Last Name \*", "Email address \*", "Password \*", and "Verify Password \*", each with a small eye icon for visibility. A blue "REGISTER" button is at the bottom of the form. Below the button is the text "Already have an account? Log in."

5. After you log in, your account page won't look like much...YET! To select which fitness videos you'd like to use, you need to pay for a subscription. To remind yourself what the options are, you can open another browser window (Google Chrome is best) and view the options again at [www.FortHealthCare.com/OnDemand](http://www.FortHealthCare.com/OnDemand). Click the "subscriptions" button to make your selection(s).

The screenshot shows the "My Account" page. At the top left is the Fort HealthCare logo and "Fitness Video Library". In the top right are "My Account" and "Sign Out" links. A blue navigation bar contains "Fitness Library", "Cardio", "Mind & Body", "Strength", and "My Classes". Below the navigation bar is a breadcrumb trail: "Home > Fort HealthCare Fitness Video Library > My Account". The main heading is "My Account" with a sub-heading "Hello [redacted] (not signed in) Log out)". Below this is a paragraph: "From your account dashboard you can view your recent orders, manage your shipping and billing addresses, and edit your password and account details." There are two main sections: "Subscriptions" with the text "Cancel your subscription, or add more subscriptions." and a yellow "SUBSCRIPTIONS" button; and "Account details" with the text "Update your information, or reset your password." and a blue "ACCOUNT DETAILS" button.

6. Selecting a subscription (or two, or three!) will put them in your online shopping cart. You will be able to review your item(s) before purchasing.



Home > Fort HealthCare Fitness Video Library > My Account > Subscriptions

## Subscriptions

You have no active subscriptions.

[Browse products](#)

[+ ADD ALL CLASSES SUBSCRIPTION](#)

[+ ADD STRENGTH SUBSCRIPTION](#)

[+ ADD MIND & BODY SUBSCRIPTION](#)

[+ ADD CARDIO SUBSCRIPTION](#)



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7. This is what your checkout page will look like after selecting a subscription. This example uses the “Mind & Body” videos subscription. At this point, you can checkout, or you can add more subscriptions to your cart (it may take up to 24 hours for our system to open up access to you).



## FITNESS VIDEO LIBRARY

[My Account](#)
[Sign Out](#)

Fitness Library
Cardio
Mind & Body
Strength
My Classes

Home > Fort HealthCare Fitness Video Library > Fitness Library Cart

✔ "Mind & Body" has been added to your cart. [View cart](#)

Subscription	Price	Subtotal
<span style="font-size: 2em; color: red; margin-right: 5px;">×</span>  <div style="margin-left: 10px;"> <h3 style="margin: 0;">MIND &amp; BODY SUBSCRIPTION</h3> </div>	\$15.00 / month	\$15.00

### PROMOTION CODE

If you have a promotion code, or qualify for one of the discounts below, please enter the promotion code word here

SUBMIT CODE

**Senior Discount**

Enter the word SENIOR. You must be 62 years of age or older to qualify.

**FortCare Discount**

Enter the word FORTCARE in the Promotion Code box above. You must also provide your Member ID Number below:

**Employee Discount**

For Employees enrolled in classes: Discount does not apply for family members.

Enter the word EMPLOYEE in the Promotion Code box above. You must also provide your Employee Number below:

### CART TOTALS

Subtotal	\$15.00
WI Tax	\$0.83
<b>Total</b>	<b>\$15.83</b>

### RECURRING TOTALS

Subtotal	\$15.00 / month
WI Tax	\$0.83 / month
<b>Recurring total</b>	<b>\$15.83 / month</b>
	First renewal: 02/21/2022

PROCEED TO CHECKOUT

### ADD SUBSCRIPTIONS



### Strength

\$15.00 / month

Access to ALL Strength Classes

ADD SUBSCRIPTION



### Cardio

\$15.00 / month

Access to ALL Cardio Classes

ADD SUBSCRIPTION

**8. Fill out all the necessary payment and contact information. NOTE: You will need to also check the boxes next to all the waivers and user agreements before your purchase will be complete.**

WI Tax	\$0.83
Total	\$15.83
Recurring totals	
Subtotal	\$15.00 / month
WI Tax	\$0.83 / month
Recurring total	\$15.83 / month First renewal: February 21, 2022

## Consent and Liability Waiver

### USE AT YOUR OWN RISK

Any fitness activity can pose some potential risks to health. To reduce and avoid injury, a doctor should be consulted before beginning any exercise program. When you participate in a Fort HealthCare online class, you are performing exercises at your own risk. Fort HealthCare and the class instructor will not be responsible or liable for any injury or harm you sustain as a result of your participation. If you experience any nausea, shortness of breath, feeling of lightheadedness, irregular heartbeat or other health concerns, stop exercising immediately and seek assistance from a doctor.

### CLASS CONSIDERATIONS

- It is important for participants to seek medical clearance before beginning any exercise program.
- Consider the class intensity level offered in this session.
- Make accommodations for necessary physical space, equipment and shoes/clothing needed to safely participate in the class.
- Always keep water nearby, as proper hydration is important.
- Safety and well-being are the most important elements of the class!

I have carefully read and I understand and accept the above provisions and wish to participate in the program. By providing this electronic consent I verify that I am the course attendee (Stacy Sherman) for which this consent is intended. \*

## Sharing Waiver

### INTELLECTUAL PROPERTY & COPYRIGHT USAGE RIGHTS

Fort HealthCare owns all copyright rights in the text, images, photographs, video, audio, graphics, user interface, and other content provided under the copyright laws of the United States and other countries. You are prohibited from copying, reproducing, modifying, distributing, displaying, performing or transmitting any of the contents of this site for any purpose.

I have carefully read and I agree to never share video content with others. \*

Credit/Debit Card   

Please make sure you enter your correct billing information.

Card Number \*

9. NOW FOR THE FUN PART! After access is granted, go back to [www.FortHealthCare.com/OnDemand](http://www.FortHealthCare.com/OnDemand) (we recommend bookmarking the page!) and “sign in” again. If this is your first time going into the video library, your “My Classes” screen may not look like you have any videos to view. The instructions in the grey box (shown below) tell you what to do. Click on “Fitness Classes” and begin browsing available videos.

You can watch any of the videos available in your subscription. If you want to create a customized playlist, then click on the “heart” icon to favorite a video and it will appear in your “My Classes” screen instead of the empty grey box. Unselecting the red heart will remove the video from your custom playlist, but you will always have access to the entire collection within your subscription.

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[Fitness Video Library](#)

[My Account](#) [Sign Out](#)

[Fitness Library](#) [Cardio](#) [Mind & Body](#) [Strength](#) [My Classes](#)

Home > Fort HealthCare Fitness Video Library > My Fitness Classes

## My Fitness Classes

You haven't saved any classes yet.

You can save individual videos to your My Classes page for quick access! Go to the video library and click the heart icon on any class to save it here.

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USA

**Best Places to Work 2021**  
GOLD MEDAL  
2018-2021

Search

YouTube Twitter Facebook LinkedIn Pinterest Instagram YouTube

10. After clicking “Fitness Classes” you can see how the video library landing page will change for you. Since in this example, we purchased the “Mind & Body” subscription, the library indicates we are subscribed to that category, and we can click on “View Classes” to begin building a playlist.

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[Fitness Video Library](#)

[My Account](#) [Sign Out](#)

Fitness Library **Cardio** Mind & Body Strength [My Classes](#)

Home > Fort HealthCare Fitness Video Library

### Fitness Library

**Cardio**

[SUBSCRIBE](#)

[VIEW CLASSES](#)

**\$15.00 / month**  
Access to ALL Cardio Classes

**Mind & Body**

[VIEW CLASSES](#)

[Subscribed](#)

**Strength**

[SUBSCRIBE](#)

[VIEW CLASSES](#)

**\$15.00 / month**  
Access to ALL Strength Classes

**Subscribe to ALL and save!**

**\$35.00 / month**

Access to ALL On-Demand Digital Classes

[SUBSCRIBE NOW](#)

**View and register for LIVE classes!**

[LEARN MORE](#)

11. The “View Classes” page looks like this for our example (shown below). You have access to all the videos and classes listed in your subscription. Click on each of the “view classes” buttons to see all the videos available.

We will be adding more videos over time, so be sure to check back often!

**Fort HealthCare**  
FOR HEALTH.

Fitness Video Library

My Account Sign Out

Fitness Library **Cardio** Mind & Body Strength **My Classes**

Home > Fort HealthCare Fitness Video Library > Mind & Body Classes

## Mind & Body Classes

Our stretching and yoga classes offer a wide range of benefits for all fitness levels. Yoga is a practice to unite the mind and body. It can make you stronger and more flexible and is a great way to stay limber and energetic. You may also feel more focused and alert. For many people, yoga helps them feel great and function better in daily life.

Many people find Yoga to be a gentle, yet effective, way to begin or resume a fitness routine. Yoga is good for beginners but is also great if you're already fit and want a challenging workout. As you become stronger and more flexible with yoga, it's easier to do other kinds of exercise.

Intensity: All Instructor: All



### Yoga Stretch

Enjoy tranquility and working on your flexibility through mindful stretches and exercises in this slow and relaxing class.

**VIEW CLASSES (5)**

Instructor(s): Carrie Garity  
Intensity: Low



### Total Body Stretch

Maintaining flexibility, movement and range of motion in your muscles and joints is crucial for good health. Enjoy this total body stretch class to keep your limbs limber.

**VIEW CLASSES (1)**

Instructor(s): Tiffany Pernat  
Intensity: Low



### Foundations of Yoga

Learn and practice the basic movements, poses and postures for a successful yoga workout routine.

**VIEW CLASSES (4)**

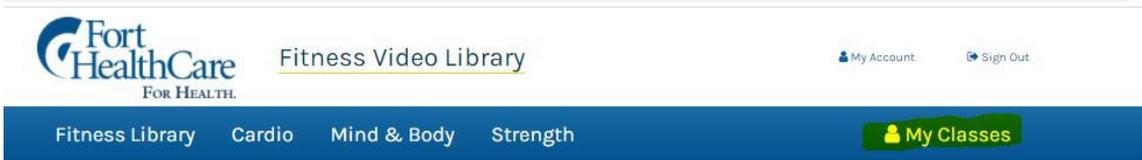
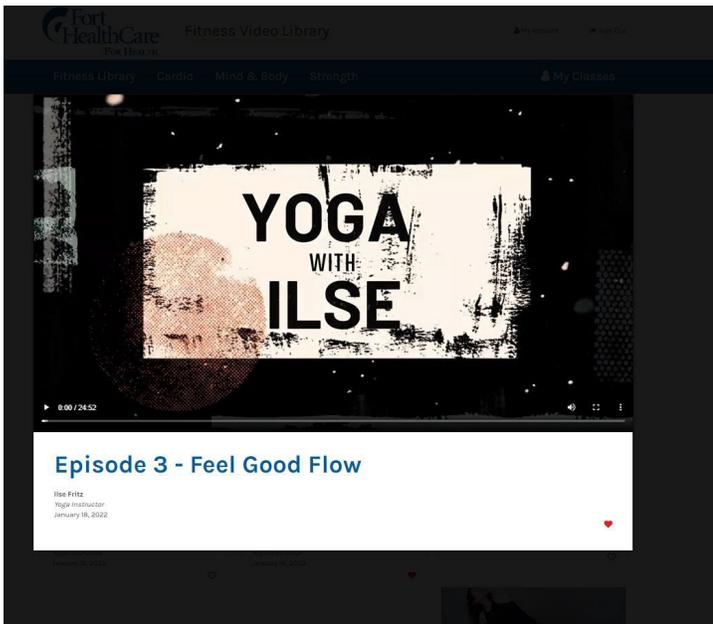
Instructor(s): Ilse Fritz  
Intensity: Low

12. In this example, we selected “View Classes” for “Foundations of Yoga.” That takes us to the full page of available videos. At this point, you can view any of them. This is also where you can click on the “heart” icon to make the video a favorite and it will appear on your “My Classes” playlist page. The next time you log in, your playlist will still be there.

The screenshot shows the Fort HealthCare Fitness Video Library interface. At the top left is the Fort HealthCare logo with the tagline 'FOR HEALTH.'. To its right is the page title 'Fitness Video Library'. On the top right, there are links for 'My Account' and 'Sign Out'. Below this is a dark blue navigation bar with tabs for 'Fitness Library', 'Cardio', 'Mind & Body', 'Strength', and 'My Classes'. The main content area has a breadcrumb trail: 'Home > Fort HealthCare Fitness Video Library > Mind & Body Classes > Foundations of Yoga'. The title 'Foundations of Yoga' is prominently displayed. Below the title is a brief description: 'Learn and practice the basic movements, poses and postures for a successful yoga workout routine.' To the right of this text is a large image of a person performing a yoga pose outdoors. Below the description are three fields: 'Instructor: Ilse Fritz, Yoga Instructor', 'Equipment: No special equipment needed. A floor mat may make some of the exercises more comfortable.', and 'Intensity: Low'. A section titled 'All Foundations of Yoga Videos' follows, featuring a filter dropdown set to 'All' and a 'Sort by:' dropdown set to 'Newest First'. Three video thumbnails are shown, each with a play button icon. The first two are 'Episode 4 - Get Low Flow' and 'Episode 3 - Feel Good Flow', both by Ilse Fritz, dated January 18, 2022. The third is 'Internal Hip Rotation', also by Ilse Fritz, dated December 27, 2021. Each video card includes a heart icon for favoriting. A fourth video thumbnail is partially visible at the bottom.

Clicking on the circle with the arrow in it from this page will open up a window and you can play the video.

This is what the video play screen looks like in our example. Notice the red heart is filled in (lower right corner), so this favorite will appear in “My Classes” the next time I log in. You can “favorite” as many videos as you’d like!



Home > Fort HealthCare Fitness Video Library > My Fitness Classes

## My Fitness Classes

Intensity:  Instructor:  Type:  Sort by:



### Episode 3 - Feel Good Flow

Ilse Fritz  
Yoga instructor  
January 18, 2022

