

QUICK START GUIDE

Visit the Navigation Menu within your portal, located on the left-hand side of your desktop, or by tapping the '3 horizontal lines' icon on your smartphone. ☰

The next few pages will help to explain portal features you'll use often!



My Company

Your company is providing you with this wellness platform to encourage you to take charge of your health and assist in completing Wellness Activities!



Tools & Trackers

Tools and Trackers are designed to guide you through achieving personal wellness milestones in a fun and interactive way.

- SparkCoach - digital health coach
- Fitness Game and Tracker
- Food and Water Tracker
- Goal setting and more



Community

Community is a supportive and encouraging hub where you can post and chat about wellness activities and goals. Our Customer Support team monitors the community to ensure safe and positive conversation.

- Join a curated team
- Create your own team with fellow employees



Healthy Living

Explore our growing library of wellness resources and articles on a variety of topics; nutrition, fitness, healthy living, preventive care, weight loss, mental health, and more! You will also find recipes, mindfulness videos, and education courses.



Help

Contact PeopleOne Health Customer Support to troubleshoot issues with the portal; device connection, logging in, etc.