



# PEOPLEONE HEALTH

## WHAT ARE SPARKPOINTS ?

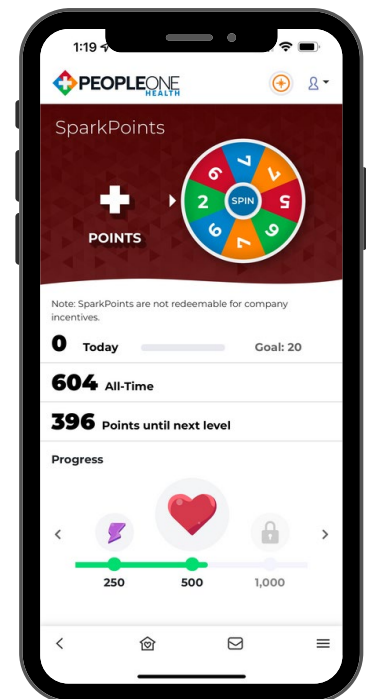
**SparkPoints are a gamification element meant to make wellness FUN!**

**Earn SparkPoints by completing daily tasks in the portal that will help you achieve your wellness goals and milestones!**

You'll have the opportunity to earn up to 20 SparkPoints per day and once met, you can spin the wheel for more points!

### HOW TO EARN SPARKPOINTS:

- Spin the sign-in wheel
- Track 10+ exercise minutes
- Track food
- Read an article
- Make a healthy recipe
- Check in with SparkCoach
- Post or comment in the community
- Complete a SparkUniversity daily task
- Set, track, or share a Goal
- Spin the bonus wheel!



Keep track of your progress and celebrate milestones!



Locate SparkPoints progress by clicking the SparkPoint icon from the top banner of your PeopleOne Health portal, or from the Navigation Menu > Tools and Trackers > SparkPoints

Login to your PeopleOne Health Portal to start earning SparkPoints and reaching goals!