

PeopleOne Health Digital Engagement Tools

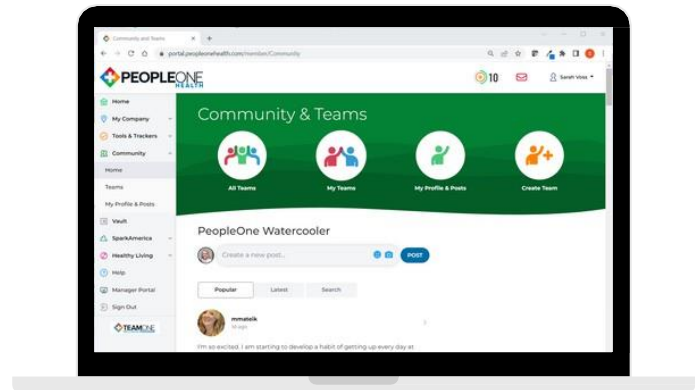
Tools & Trackers

The PeopleOne Health Tools & Trackers are designed to guide members through achieving personal wellness milestones through digital health coaching, food and fitness tracking and goal setting all supported by a fun, interactive platform.

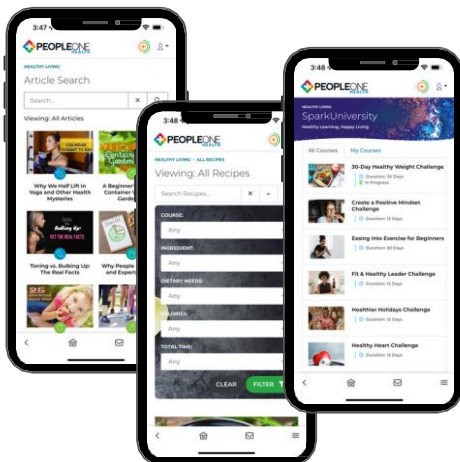


Community & Teams

The Community & Teams feature encourages members to share goals, successes, wellness-related tips and photos. Members can join curated teams or even create their own teams to chat about a specific wellness topic. Our Community is monitored by our Customer Support team to ensure safe and positive conversation.



Healthy Living



The Healthy living section includes a growing library of wellness resources.

- Articles related to fitness, nutrition, health tips and achieving healthy weight goals
- Recipe finder with the ability to filter by ingredients, course type, time to make, calories and more
- SparkUNPLUG on-demand mindfulness videos
- SparkUniversity self-paced educational courses