



PEOPLEONE

SparkUniversity HEALTH

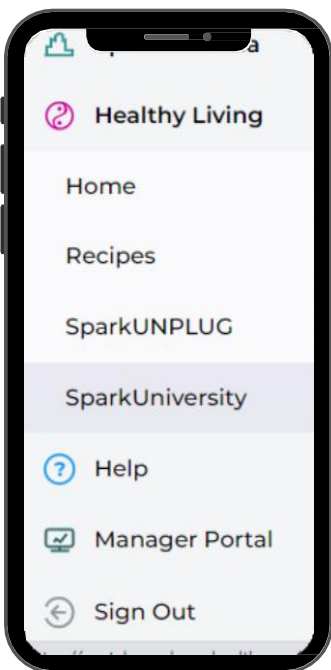
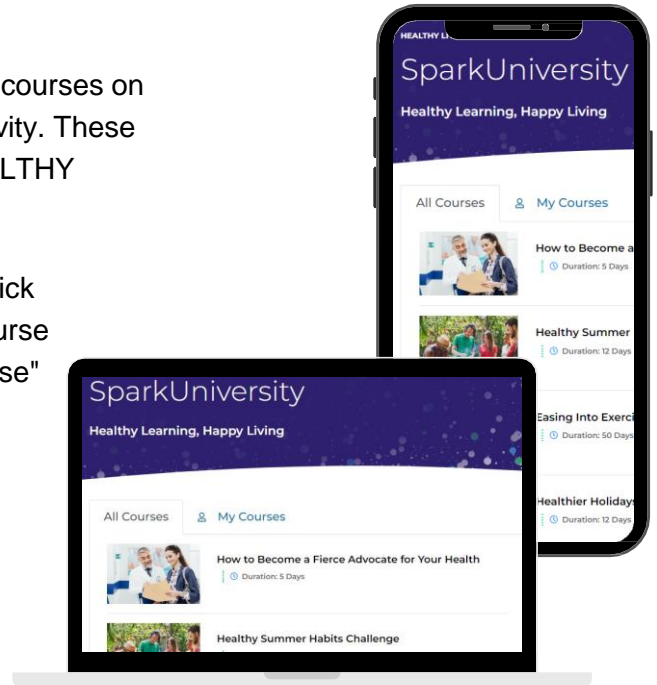
What is SparkUniversity?

SparkUniversity contains a library of self-guided educational courses on topics spanning from mindfulness, to sleep and physical activity. These courses are available to complete at any time. Click the HEALTHY LIVING tab in the PeopleOne Health portal to get started.

Here, you choose any course topic you'd like to complete. Click on a course you're interested in, read the description and course articles below. If the topic interests you, click "Join This Course" to be added to your courses to complete.

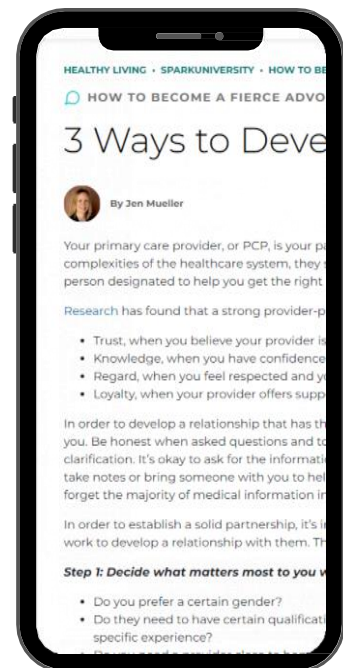
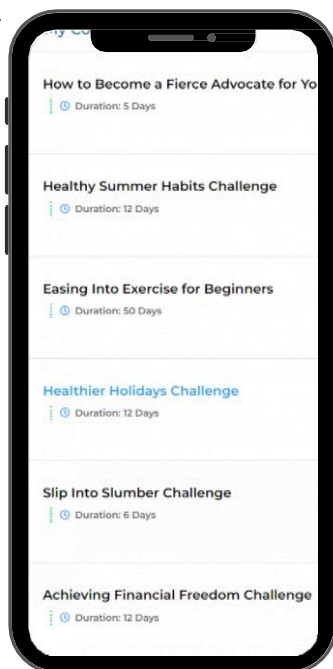
There are so many topics to choose from nutrition, weight-loss, sleep and more! This library is always growing!

Even more features will be coming soon!



Click the SparkUniversity tab under Healthy Living

So many different topics to choose from!



Read articles as you complete the topic!