





Wellness Program Quick Start Guide

Welcome to your Wellness Program powered by PeopleOne Health! Your PeopleOne Health portal is your one-stop shop for all things wellness.

-  **Your Company Program**
 - Download and complete your preventive care sign-off form
 - Attest to being tobacco-free
 - Earn SparkPoints by completing health related activities
 - Participate in the SparkAmerica Fit City Challenge
-  **Tools & Trackers**
 - SparkCoach digital health assistant to help guide you through healthy weight goals
 - Fitness Game physical activity tracker where you can sync a device and track fitness goals
 - Food Tracker to assist in building well-rounded, nutritious meals
-  **Healthy Living**
 - Articles, recipes, and SparkUNPLUG mindfulness videos
 - Self-paced educational wellness courses through SparkUniversity
-  **Community**
 - Hub where groups and fellow employee members can post and chat about current wellness goals

Scan the QR code to the right with your smartphone to download the PeopleOne Health app and take your wellness program on-the-go!

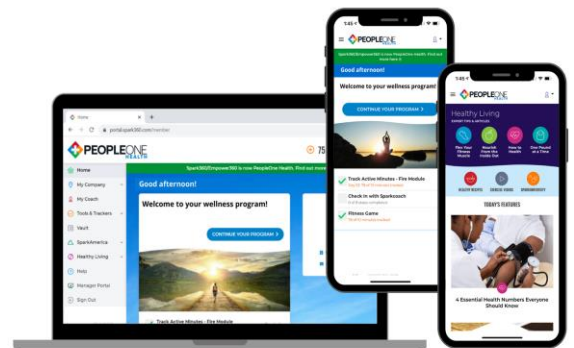
*Note: You must first activate your account via the link below on a web browser before logging in on the app.
Downloading the app is not required to participate.*



Activate your PeopleOne Health account today!

1. Go to <https://portal.peopleonehealth.com/enrollment/meridian>
2. Type in your email and click Continue.
3. Fill in your information and click Create Account.
4. Check your email for a message from PeopleOne Health.
5. Click the verification link in your email to create your password and complete account set-up.

[Click here for a step-by-step video tutorial walking you through the activation process.](#)



For questions related to your wellness program, please contact your organization's wellness program representative.
For questions related to the PeopleOne Health portal, please contact Customer Support at Support@peopleonehealth.com
or 1-888-330-6891 Monday - Friday 9 AM to 5 PM EST.