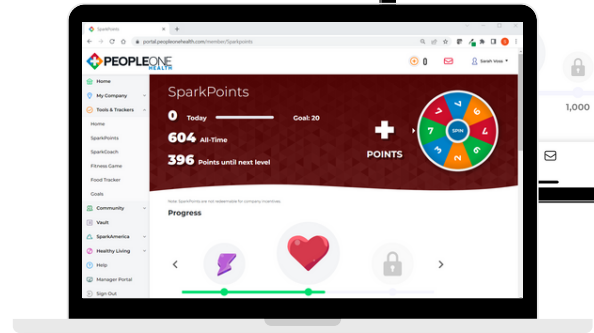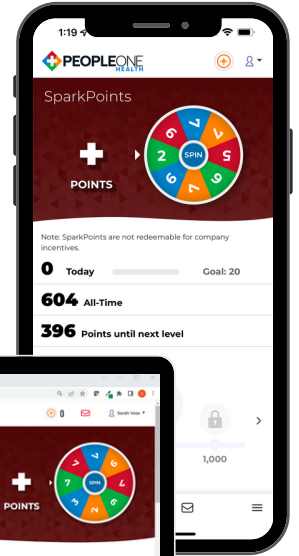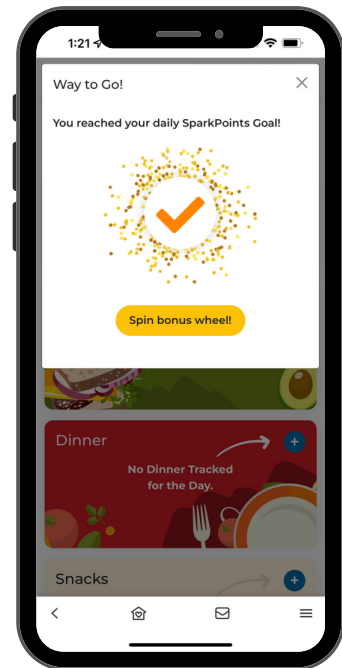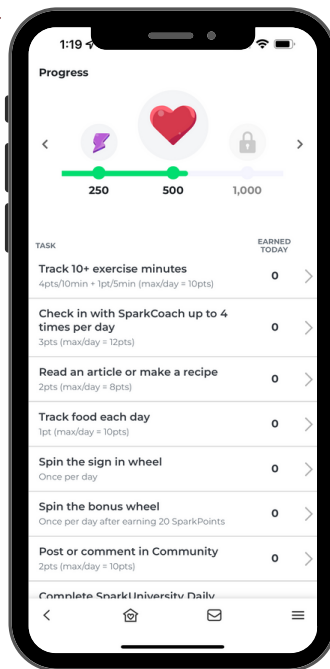# SparkPoints

What are SparkPoints?

SparkPoints are a gamification element meant to make wellness FUN! Earn SparkPoints by simply completing daily tasks in the portal that will help you achieve your wellness goals. You'll have the opportunity to earn up to 20 SparkPoints a day and once met, you can spin a wheel for more points! Locate your SparkPoints progress by selecting Tools and Trackers > SparkPoints from the left menu. Earn SparkPoints by:

- Logging active minutes
- Tracking food
- Reading an article or making a healthy recipe
- Checking in with SparkCoach
- Posting or commenting in the Community
- Participating in SparkUniversity

Even more features will be coming soon!
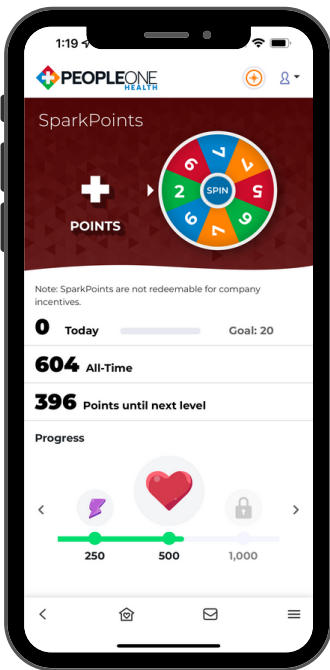
Keep track of your tasks and progress

Earn 20 SparkPoints a day to be eligible for a spin to earn more

Celebrate your success

Login to your __PeopleOne Health portal__ to start reaching your goals and earning SparkPoints!

PEOPLEONE HEALTH
SparkPoints

## Tokens vs SparkPoints: What's the difference?

Tokens are earned exclusively within your company program and typically have some value in the Tokens Store or are associated with your wellness program incentive. SparkPoints are not associated with your company program. Instead, SparkPoints are a fun, gamification element that unlock *digital* personal milestones/trophies.

TOKENS

Tokens are earned exclusively within your company program. You can view your company program and see the Token value of each step by selecting My Company > Program from the left navigation menu.
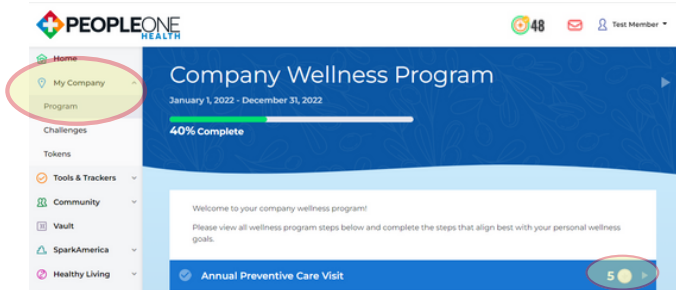

To view your Token total and Tokens Store, you must select My Company > Tokens from the left navigation menu. Here you can see your total Tokens available to spend, total earned and available prizes if applicable.
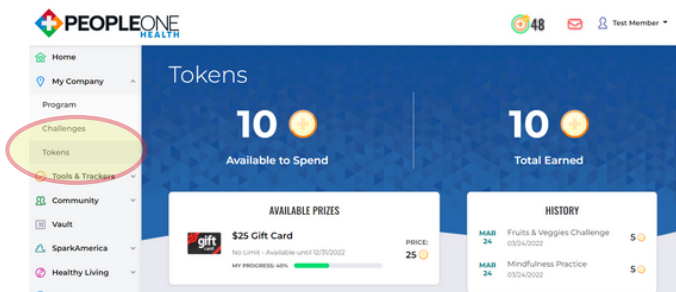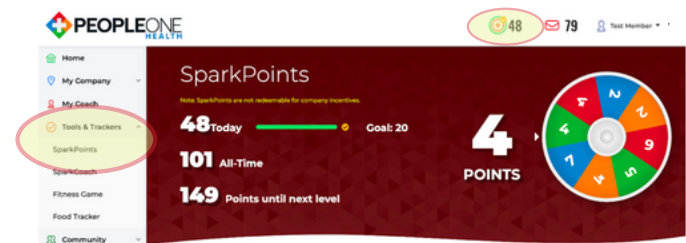

SPARKPOINTS

SparkPoints are not associated with your company program. Instead, they are a fun, gamification element that unlock *digital* personal milestones. You can view and track SparkPoints by selecting Tools & Trackers > SparkPoints from the left navigation menu.
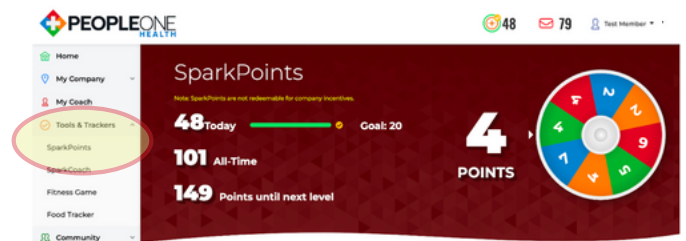
You can view and track your SparkPoints by selecting Tools & Trackers > SparkPoints from the left navigation menu. You can also view a running total of SparkPoints earned in the upper right corner of your portal.