

Register today!

Connect with colleagues, set goals, and participate in company-wide challenges to build healthy habits!

Members can enroll in **Sprout** through the Moda Member Dashboard.

- 1 First time signing into Moda Member Dashboard? Click on the **Create an account** link. You'll need your Moda Health member ID to complete registration.
- 2 From your Moda Member Dashboard, click on the Moda 360 drop down tab and select Moda 360 programs.
- 3 Scroll down to **Additional resources** and click on **View all programs**.
- 4 From the **Category** drop down menu, select **Wellness** and click on the **Sprout Wellness** tile.
- 5 Follow the Sprout registration prompts and take your onboarding tour.

Using a Mobile Device?

Download the **Sprout At Work app** via the [Google Play Store](#) or [iOS Store](#) first. Register by going through your Moda Member Dashboard and following the instructions above. Once registered, use the **Sprout at Home** app on your mobile device.

Need help? Email support@sproutatwork.com.

