



Jaunt
wellness





Powered by:



Steps to Registering Your Account

- Download Sprout at Work mobile app from the App Store or Google Play
- Open the app and click Sign Up
- Enter CAAbrokers as the program name
- Enter your work email address
- Select your brokerage from the list of Locations, and then select your city



App Store



Google Play

Scan the QR code using your smart-phone camera or a QR code scanner to go directly to the App Store or Google Play and download the Sprout app.

TO REGISTER ON YOUR DESKTOP:
caabrokers.sproutatwork.com

You hold the power to live your best life!
Let our Jaunt Wellness app show you how.

Making a healthy change is easier when you know what to focus on.

With Jaunt, making those changes can be fun! Connect with your colleagues and participate in personal goals and group challenges. Track your progress and stay motivated to complete your goals.

CUSTOMIZE YOUR ACCOUNT

- Upload a photo of yourself
- Go into settings to customize your notifications
- Set a personal goal. Click the "+" in the task bar and select "Goal"

GET CONNECTED

Fitness Devices and Apps

- Connect your wearable device during registration or by clicking on the Me button on the home screen
- Scroll down and select Apps and Devices and start connecting
- Authorize the sync through your device or app's personal account by signing in