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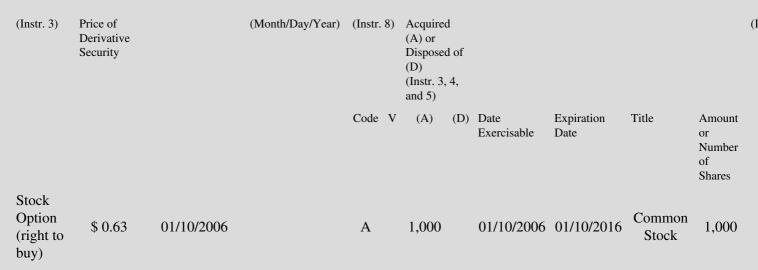
Spanfeller James Form 4										
January 12, 2006									PPROVAL	
Washington, D.C. 20549					E COMMISSIO	N OMB Number:	3235-0287			
Check this box if no longer		STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF								
subject to Section 16. Form 4 or		SECU	Estimated burden hou response	urs per						
Form 5 obligations may continue. See Instructior 1(b).	Section 17(a) of the l	Public U	tility Hol	ding Cor		nge Act of 1934, of 1935 or Secti 1940			
(Print or Type Respo	nses)									
1. Name and Address of Reporting Person <u>*</u> Spanfeller James			2. Issuer Name and Ticker or Trading Symbol GLOWPOINT INC [GLOW.PK]				5. Relationship of Reporting Person(s) to Issuer			
(Last)	(First) (Middle) 3. Date of Earliest Transaction				(Ch	eck all applicabl	e)			
C/O GLOWPOI LONG AVENU		25	(Month/) 01/10/2	Day/Year) 2006			X Director Officer (give below)		% Owner her (specify	
(Street)			4. If Amendment, Date Original Filed(Month/Day/Year)			6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person				
HILLSIDE, NJ (07205						Person	More than One R	eporting	
(City)	(State)	(Zip)	Tab	le I - Non-l	Derivative	Securities A	Acquired, Disposed	of, or Beneficia	lly Owned	
	ansaction Date hth/Day/Year)	on Date 2A. Deemed //Year) Execution Date, if any (Month/Day/Year)		3. 4. Securities TransactionAcquired (A) or Code Disposed of (D) (Instr. 8) (Instr. 3, 4 and 5) (A)		SecuritiesHBeneficially(Owned(6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
				Code V	Amount	or (D) Price	(Instr. 3 and 4)			
Reminder: Report or	n a separate line	for each cl	ass of sec	urities bene	ficially ow	ned directly	or indirectly.			
					inforn requir	nation cont ed to resp lys a curre	spond to the colle tained in this form ond unless the fo ntly valid OMB co	n are not rm	SEC 1474 (9-02)	

 Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

 (e.g., puts, calls, warrants, options, convertible securities)

1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5. Number	6. Date Exercisable and	7. Title and Amount of	8.
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transactio	onof Derivative	Expiration Date	Underlying Securities	D
Security	or Exercise		any	Code	Securities	(Month/Day/Year)	(Instr. 3 and 4)	S

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Reporting Owners

Reporting Owner Name / Address	Relationships					
	Director	10% Owner	Officer	Other		
Spanfeller James C/O GLOWPOINT, INC., 225 LONG AVEN HILLSIDE, NJ 07205	NUE	Х				
Signatures						
/s/ Gerard E. Dorsey, Attorney-in-Fact	01/12/2	2006				
<u>**</u> Signature of Reporting Person	Date					

Explanation of Responses:

- * If the form is filed by more than one reporting person, *see* Instruction 4(b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

(1) These options were issued to the reporting person as a non-employee director for attendance at a meeting of the Board of Directors.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.