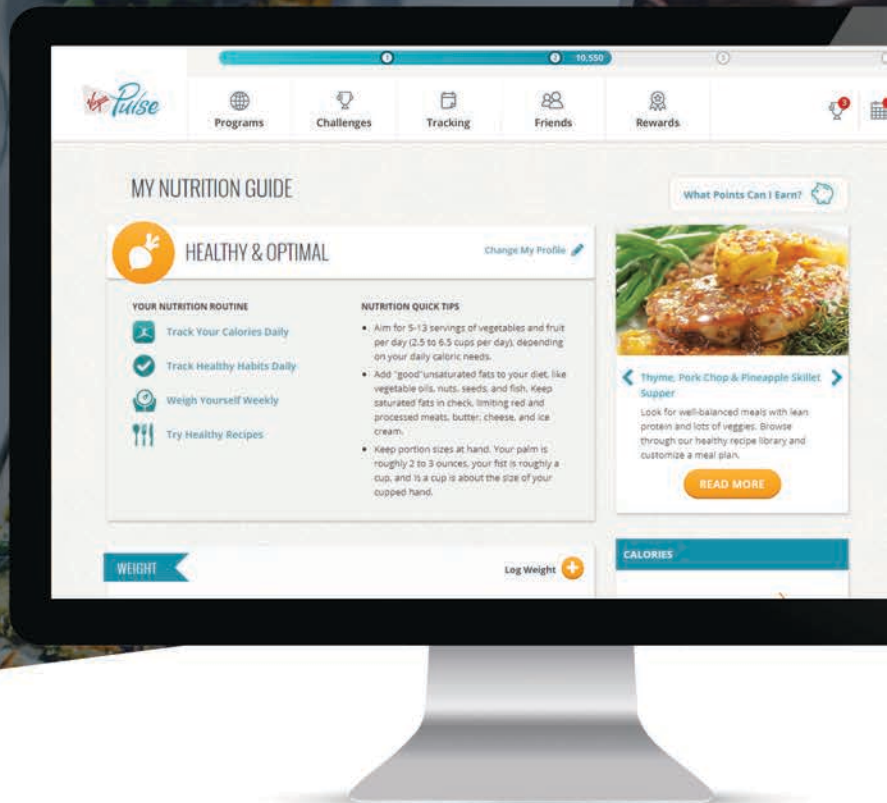


Virgin Pulse nutrition guide

Good food
nourishes you and
gives you energy.
That's why we've
made eating healthy
simpler than ever.



First, tell us about your eating habits, like if you're a sweet tooth or if you're already a healthy eater. Then we'll give you recipes, personalized tips, and tools to help you track your calories. It's everything you need to eat healthy, stay on track, and help manage your weight too.

Get started

Go to member.virginpulse.com. Once you've signed in, click **Programs** from the main menu. Then choose the **Nutrition Guide**.



Enjoy the benefits of the nutrition guide

Set a goal

List your ideal weight and describe your eating habits. Do you have a sweet tooth? Then get personalized tips to help you eat healthy and manage your weight.

Track your calories

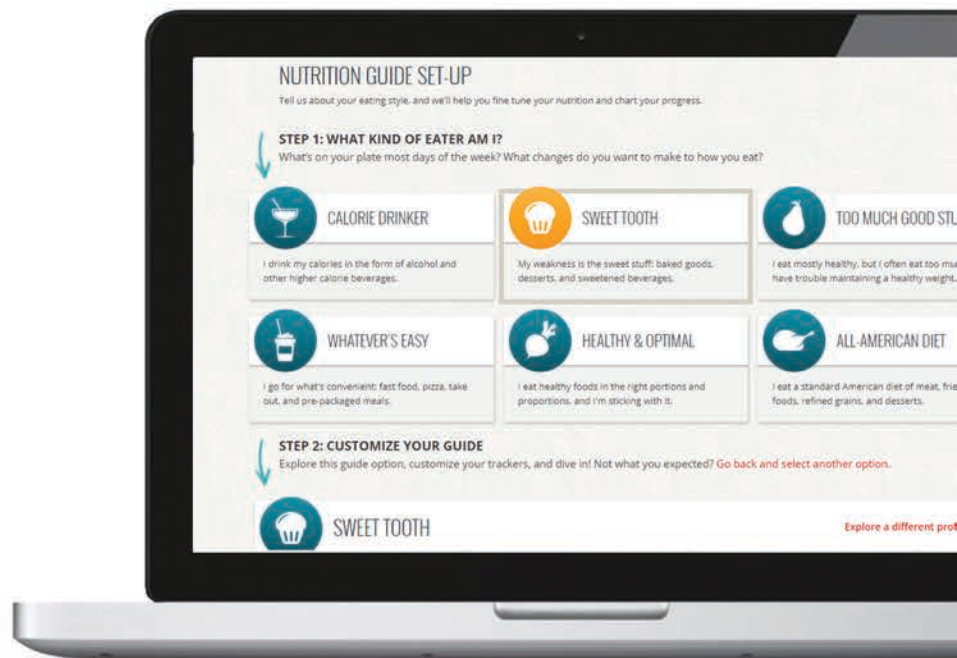
Your wellbeing program connects with MyFitnessPal, so you can track your calories each day. When you track what you eat, you're more likely to make healthier choices.

Get meal plans

We make meal planning easy. Browse healthy, delicious recipes that you and your whole family will enjoy. Then create a meal plan and organize your grocery list.

Reap the rewards

Earn points for browsing recipes, tracking eating habits, and making healthier choices throughout the day.



Not a member yet? Don't miss out on all the fun!
Get started today by going to join.virginpulse.com/company.



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