

USE THE VIRGIN PULSE PLATFORM TO REACH YOUR WELLNESS GOALS

Take steps toward a healthier, happier you.

Do healthy things. Earn points. Get rewarded.



Once you've created an account, you can set your goals and interests, establish and maintain a snapshot of your well-being progress, and do other fun stuff, like invite friends, join challenges, and discover healthy tips.

The more you do, the more points you'll earn. Each quarter your points reset, giving you another chance to meet or surpass your healthy living goals.

	Level 1	Level 2	Level 3	Level 4
Points Earned	500	5,000	10,000	15,000

Getting started is easy

1. Download the app* through the Apple® App Store or Google® Play, or visit myBCBSRI.com to sign up.
2. Register your account.
3. Select **Blue Cross & Blue Shield of Rhode Island** as your sponsor.
4. (Optional) Connect your Fitbit or other wearable device to track and sync steps with the app.



Need help with registration? Call the Virgin Pulse team at **1-855-914-2478**

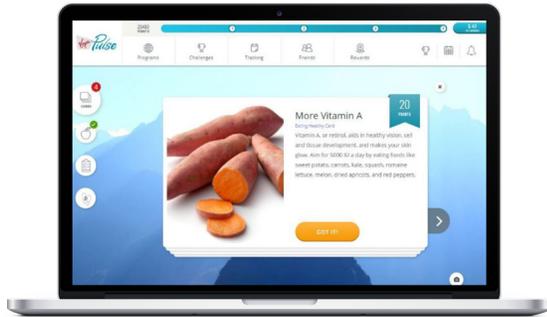
[More information >](#)

How to earn points

Here are some ways you can earn points. For more ideas, check out the **How to Earn** tab.

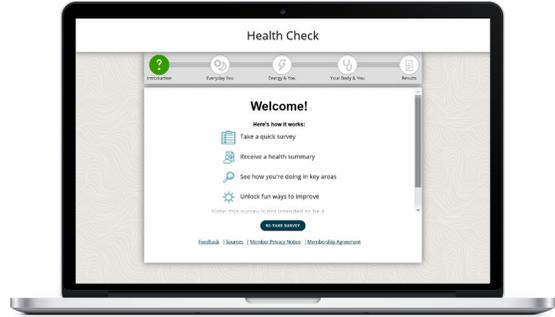
Read your daily cards

Each day you'll find two new cards with healthy habit tips that are tailored to your chosen interests.



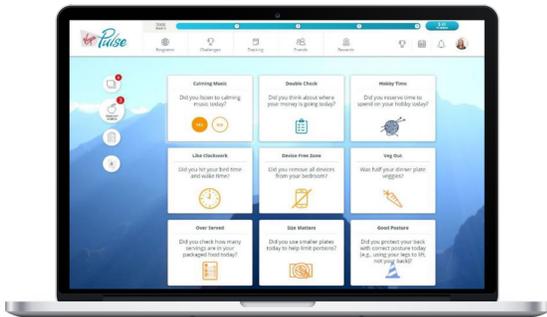
Complete your health check

Get insight into your health status, along with tips for positive change.



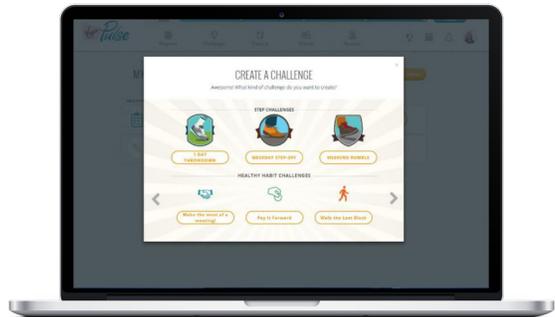
Track your Healthy Habits

Want to add a habit? Visit Healthy Habits under the home menu for options.



Have some fun with challenges

Start or accept a challenge for a little extra motivation (and maybe earn some bragging rights).



Create a Journey

Plan and monitor your progress toward better nutrition or sleep habits with Journeys.



Use the convenient mobile app for on-the-go access

Track your steps, review your stats, and monitor your rewards—everything is at your fingertips.



Complete cards, track healthy habits, view challenges, and more.



View your stats including steps, workouts, and active minutes.



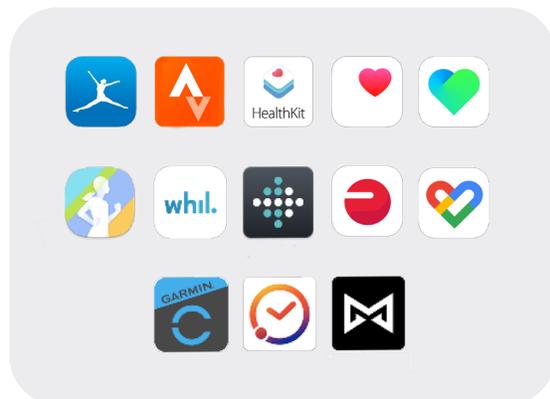
See detailed program progress, points, and rewards.



(Optional)
Wirelessly sync your Max Buzz or preferred activity tracker.

Connect your favorite devices and apps (optional)

If you're already using a fitness app, you can add it easily to Virgin Pulse. Just follow the on-screen instructions. Remember, you can still use Virgin Pulse and earn points without connecting a smartphone or wearable tracking device.

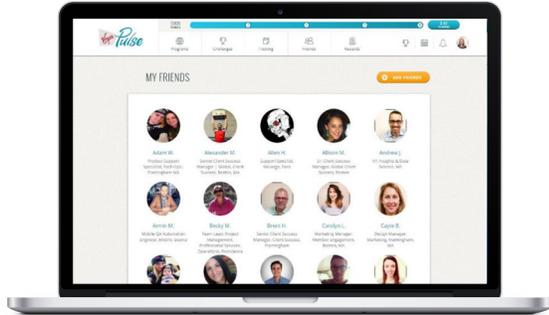


[More information >](#)

What else can you do?

Add your friends

Add friends to stay motivated, get support, and enjoy a little friendly competition.



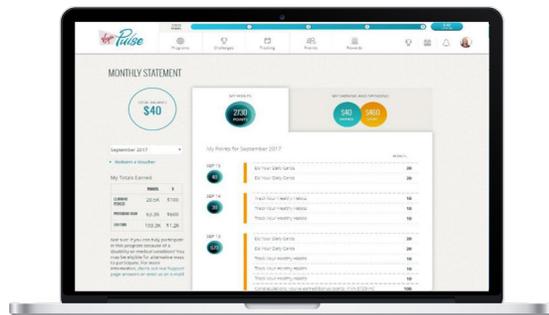
Monitor your progress

View your stats, including steps, workouts, and active minutes, on the stats page under the home menu.



Track your rewards

Review your Monthly Statement for a quick look at your earned points and rewards.



Take an active role in your health

With Virgin Pulse, you can take big strides toward reaching your wellness goals—and have fun doing it. Download the app, or go online, and register today. Then, spend a little time exploring, and discover all the ways you can get healthier and get rewarded.



*Standard mobile phone carrier and data usage charges apply. The downloading and use of the Virgin Pulse mobile app is subject to the terms and conditions of the app and the online stores from which it is downloaded.

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Virgin Pulse® is an independent wellness company, contracted by Blue Cross & Blue Shield of Rhode Island to provide wellness services.



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