

Get ready to boost your well-being!



I'm excited to tell you that we are soon launching an exciting program from Blue Cross & Blue Shield of Rhode Island that can help us all improve our health and well-being.

You'll be able to use the tools and tips in this program to achieve your individual goals, right from your phone or computer. Measure your progress and keep track of the points you've earned by downloading the easy-to-use Virgin Pulse® app or visiting the website. (Be sure to select Blue Cross & Blue Shield of Rhode Island as your sponsor.) You can earn points by learning how to manage your stress; getting information about healthy diets; or ramping up your physical activity through fitness challenges with co-workers.

I hope you'll give it a try. I think you'll find it's fun and rewarding, and best of all it is *designed to help you succeed.*

There's no additional cost to you, and it's easy to get up and running. The program is entirely optional, and it does not impact your benefits under your Blue Cross & Blue Shield of Rhode Island health plan. The program will be launching soon, so stay tuned for more information.

Program available to Blue Cross & Blue Shield of Rhode Island members only. The program is entirely optional, and does not impact benefits under the Blue Cross & Blue Shield of Rhode Island health plan.

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

Blue Cross & Blue Shield of Rhode Island is an independent licensee of the Blue Cross and Blue Shield Association.