



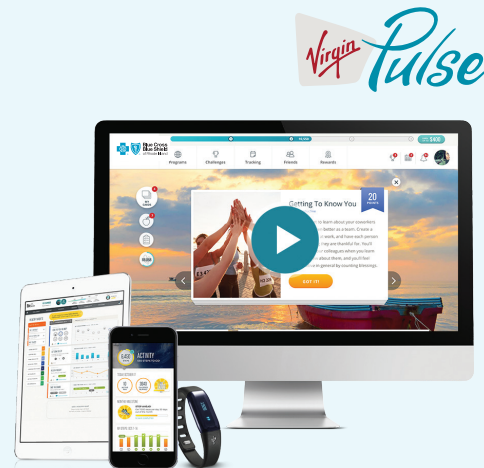
Welcome to your **WELL-BEING PROGRAM**

Your Exclusive Guide to **HAPPY & HEALTHY**

Blue Cross & Blue Shield of Rhode Island and Virgin Pulse® have teamed up to bring you an exciting and enjoyable program. The more you engage with it, the better you can feel, and the more you'll be rewarded!

3 simple steps to get started!

- 1. Sign up** – Go to join.VirginPulse.com or download the app* to get started.
- 2. Choose Blue Cross & Blue Shield of Rhode Island** as your sponsor.
- 3. You can also connect your Fitbit® or other wearable device** to track and sync steps with the app.



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 get involved, the more points you earn. Each quarter your points reset, giving you another chance to meet or surpass your healthy living goals and earn real rewards.

Now get tracking!

Earn points for healthy activities

Activity	Points
Annual well visit	5,000/annually
Online health assessment	1,500/annually
Steps	10/1,000 steps daily
Healthy habits	30/day
Informational cards	40/day
Connect activity tracker	200 (one time)
30 active minutes/day	100/day
45 active minutes/day	140/day

See a full list of activities and point values after logging in to VirginPulse.com. Available activities and point values subject to change.

*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.

CHECK OUT THESE GREAT FEATURES

You'll find a broad range of capabilities in the Virgin Pulse app and on the website, all designed to make the program experience seamless and satisfying. Here are a few of the features you'll find:

My goals

Set realistic long-term well-being goals for yourself, and we'll help you stick to them.

My interests

Choose as many interests as you like—from sleeping well and reducing stress to increasing productivity and more—all to help you personalize your well-being program.

Daily cards

It's easy to earn points every day by checking out your daily cards. To earn points, complete the cards. There are new cards on the site and the app every day.

Healthy habits

Choose which habits you'd like to build and be sure you track them. You get rewarded for tracking three healthy habits each day.

My stats

Check your progress to see the steps you've taken, the estimated calories you've consumed, sleep data, and other measurements.

Your trophy case

Your trophy case holds all the trophies you've earned. Some are just for fun, and some have points tied to them.

Invite friends

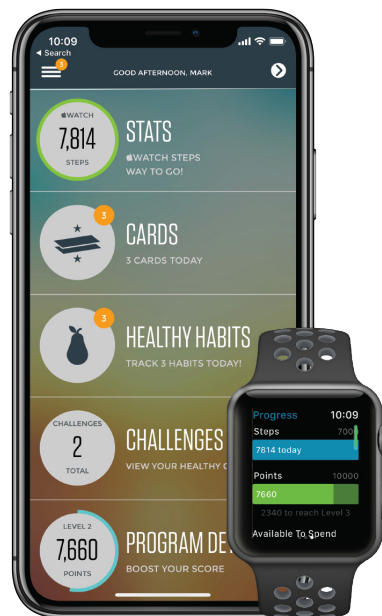
Bring friends and family into the program!* Earn points when you add them, and then create groups around common interests, like biking, cooking, or walking.

Challenges

Join a team challenge to increase your steps and potentially earn points by going head-to-head with your friends.

Monthly statement

Track your progress, check out how many points and trophies you've earned. Then redeem your points on the monthly statement page or in the app.



*In order to participate in the program, friends and family must be a BCBSRI member.

**IT'S WHAT
WE LIVE FORSM**



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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.