



WELCOME TO YOUR WELL-BEING PROGRAM



Blue Cross & Blue Shield of Rhode Island brings you an effective and enjoyable program, powered by Virgin Pulse®. The more you engage with it, the better you can feel, and the more you'll be rewarded!

***This program is available to Blue Cross & Blue Shield of Rhode Island members only.**

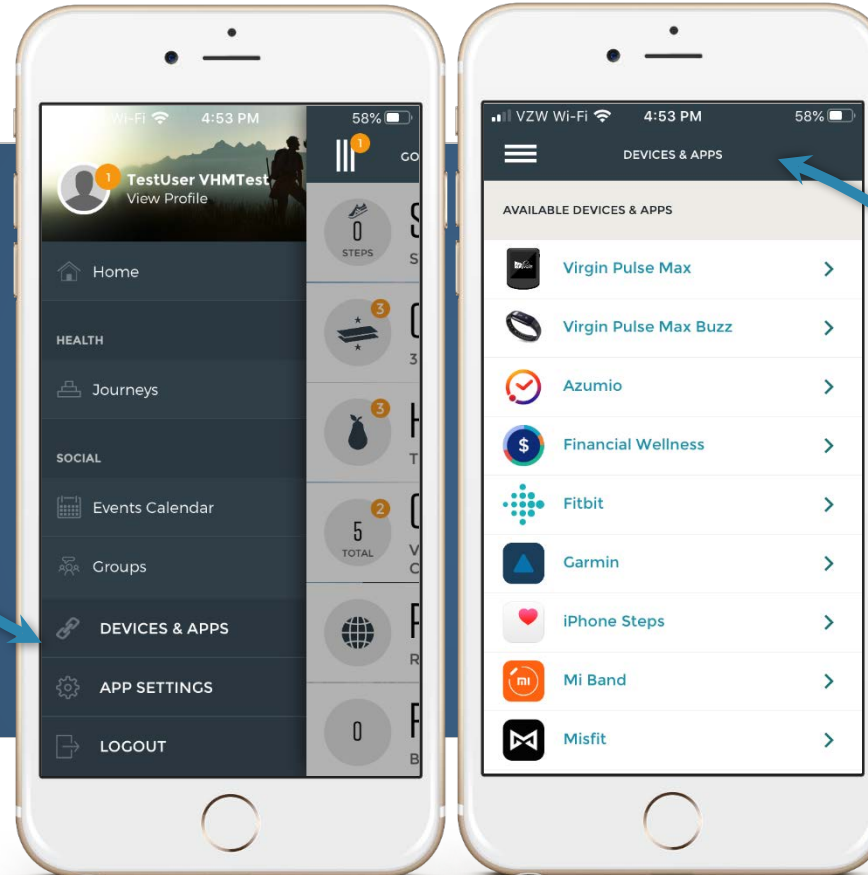
3 simple steps to get started!

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. Connect your **Fitbit®** or **other wearable device** to track and sync steps with the app.



Sync a device to get tracking

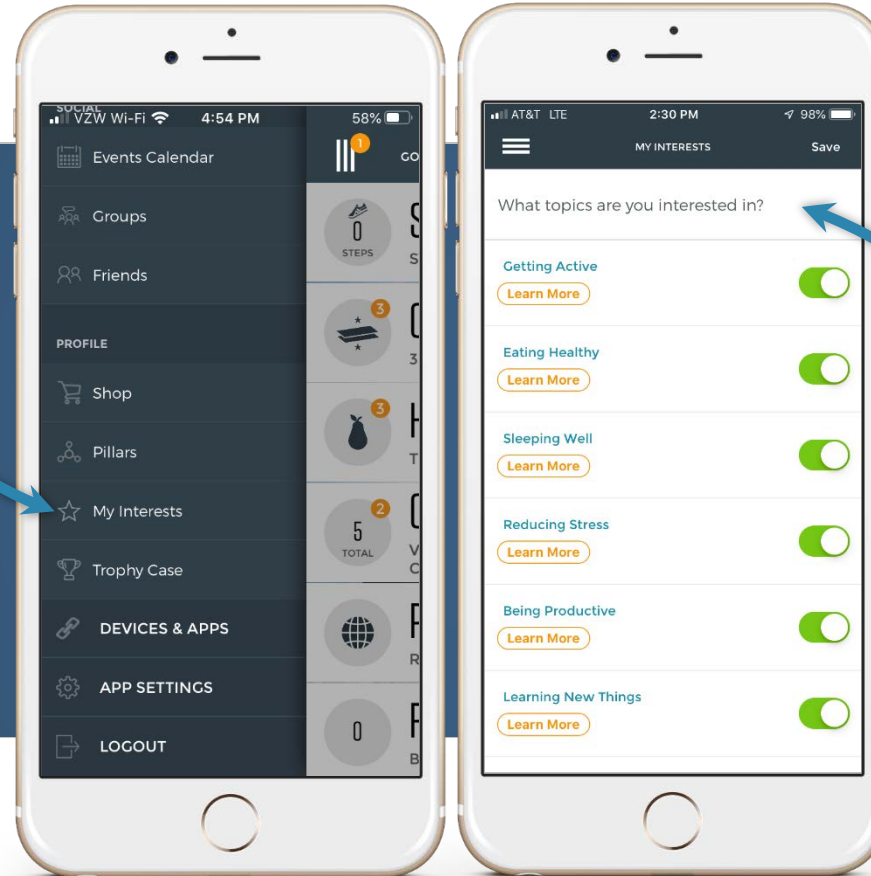
Tap Devices & Apps



Sync your Fitbit, other wearable device, or even your iPhone to track and sync steps with the app.

Customize your interests

Tap 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.

Use your Home screen to check-in

Daily Cards

There are new cards every day.

Healthy Habits

You get rewarded for tracking three healthy habits each day

Rewards

Check your progress and redeem rewards



Challenges

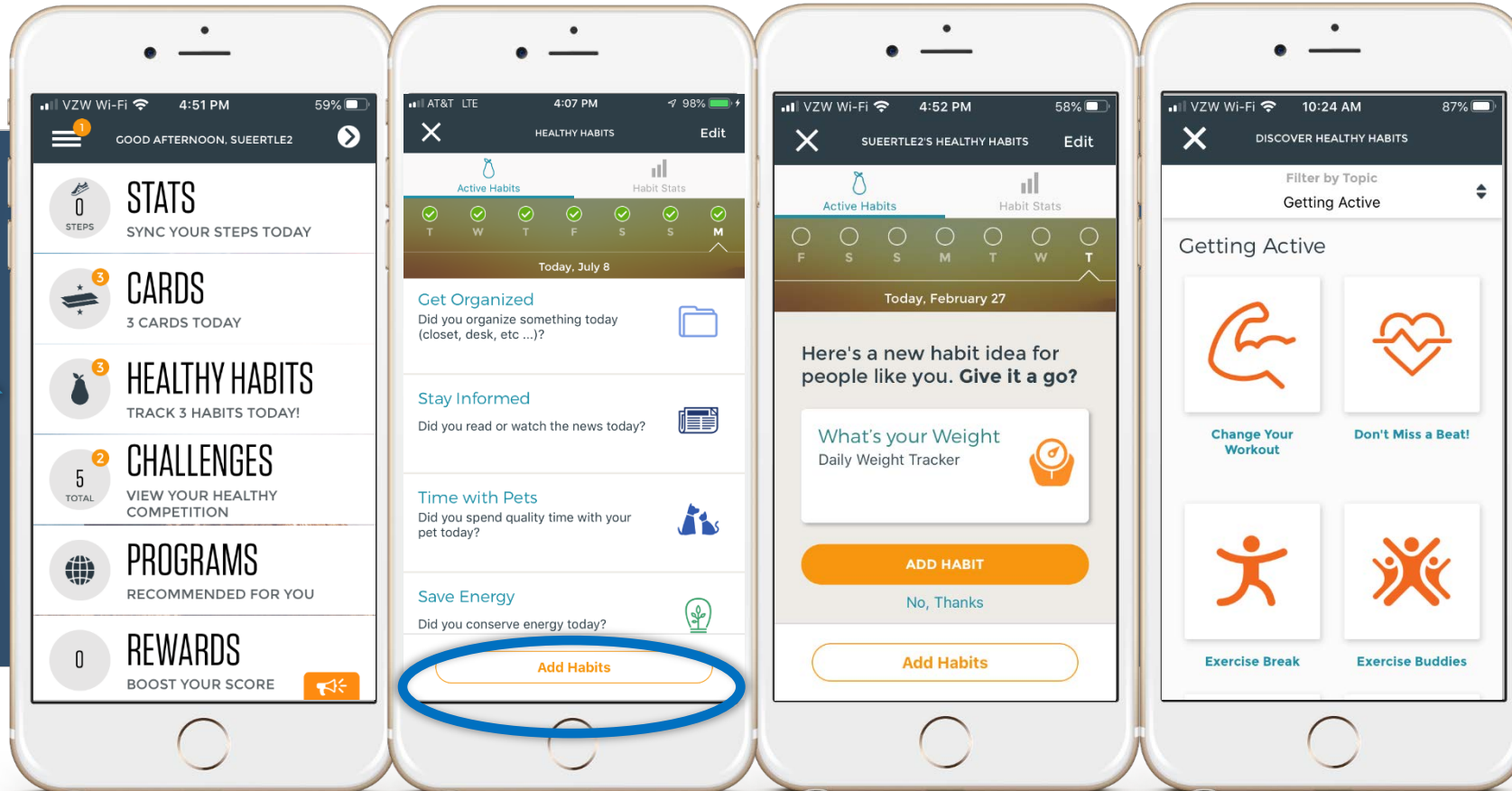
Start a challenge or join a team challenge.

Programs

Find other help programs that you can participate in and complete your HRA

Track your Healthy Habits

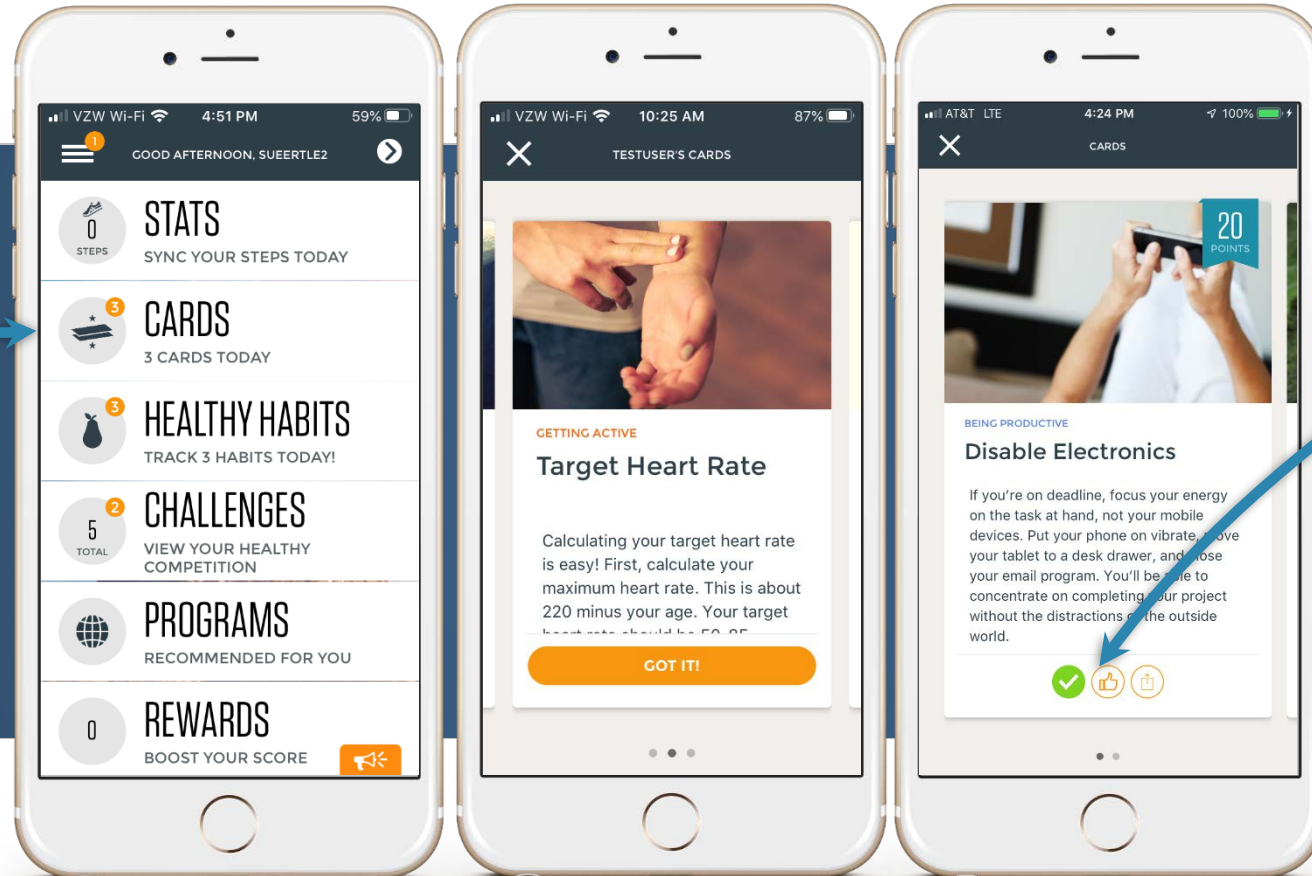
Tap Healthy Habits



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

Review your Daily Cards

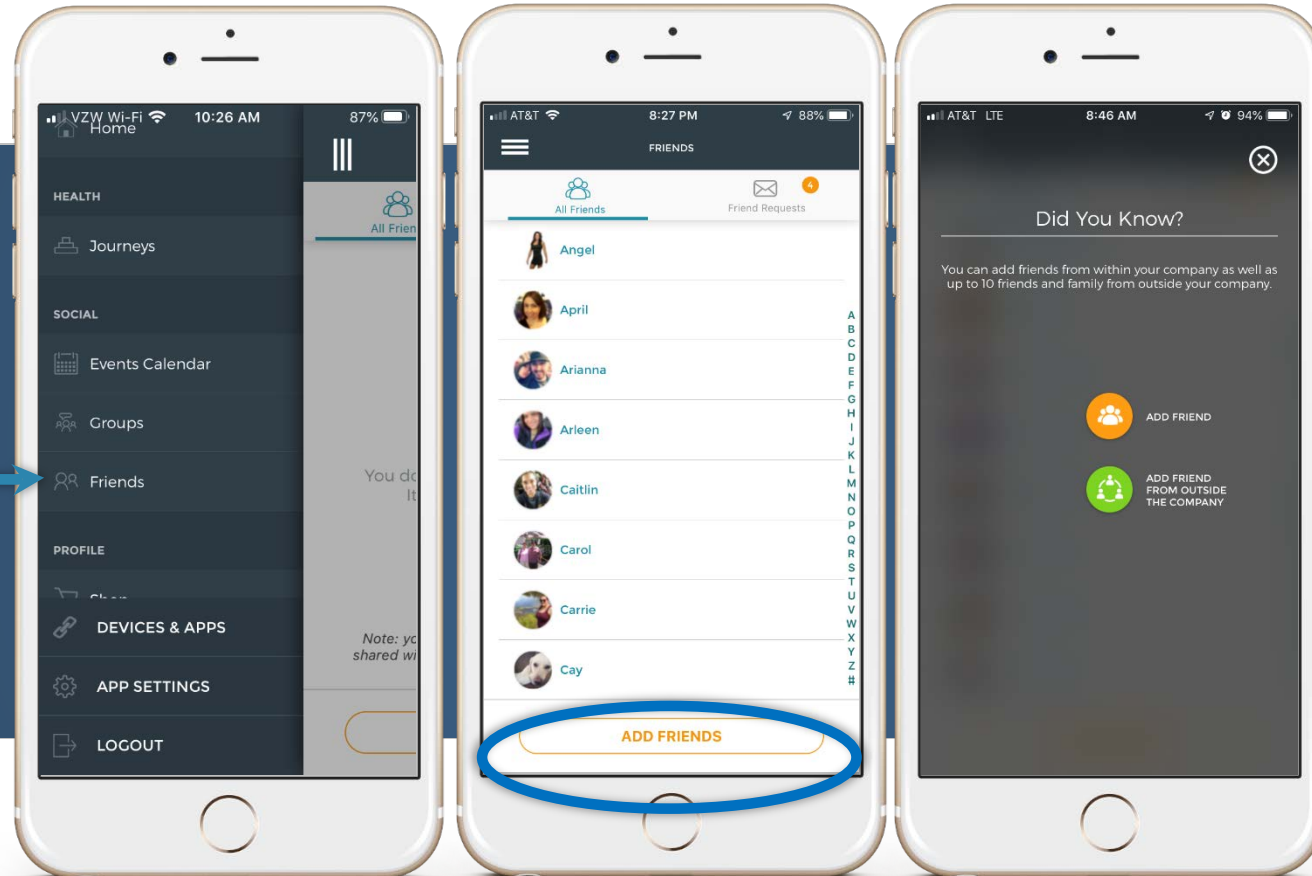
Tap Daily Cards



To earn points, complete the cards. There are new cards on the site and the app every day.

Invite friends

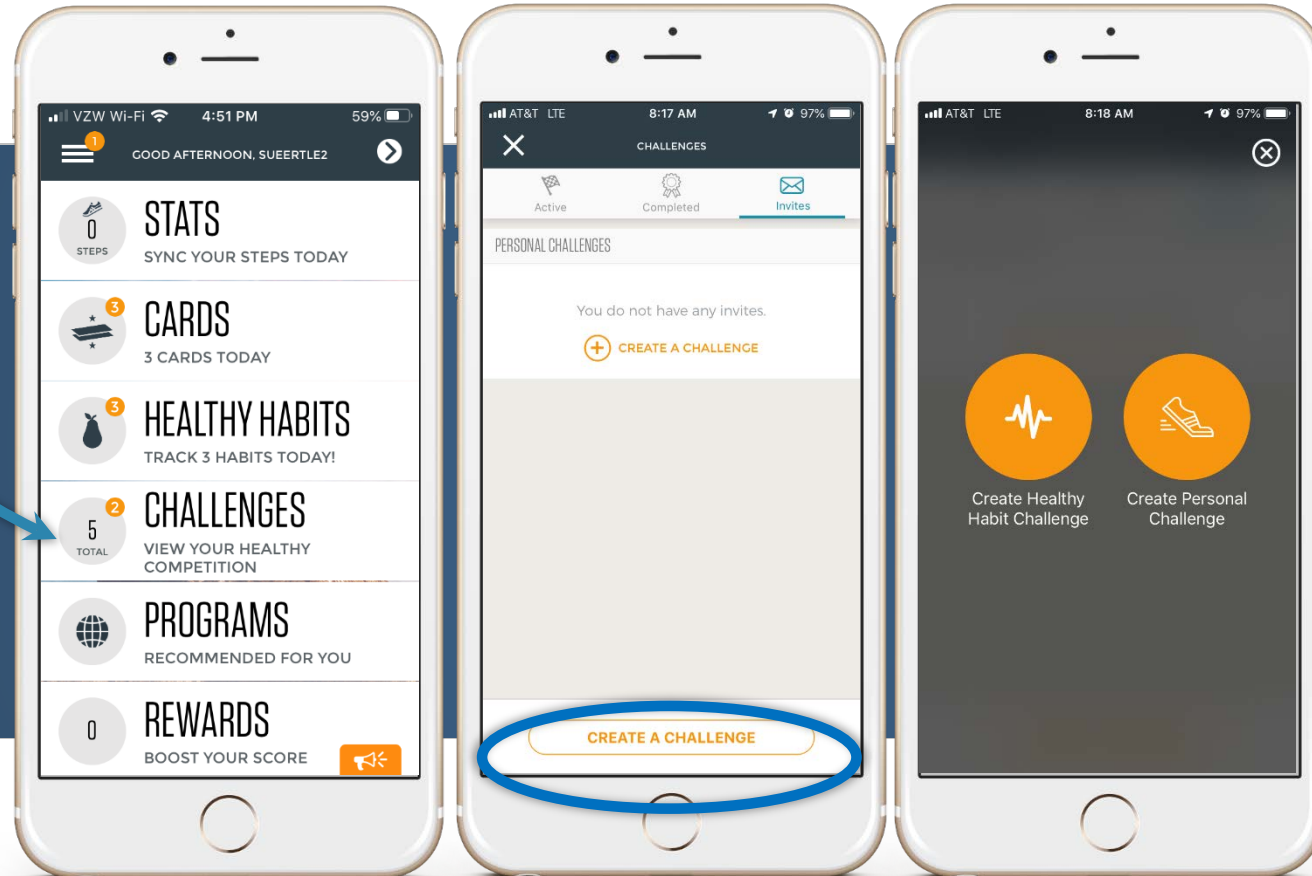
Tap Friends



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.

Start a Challenge

Tap Challenges



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

Check your Stats

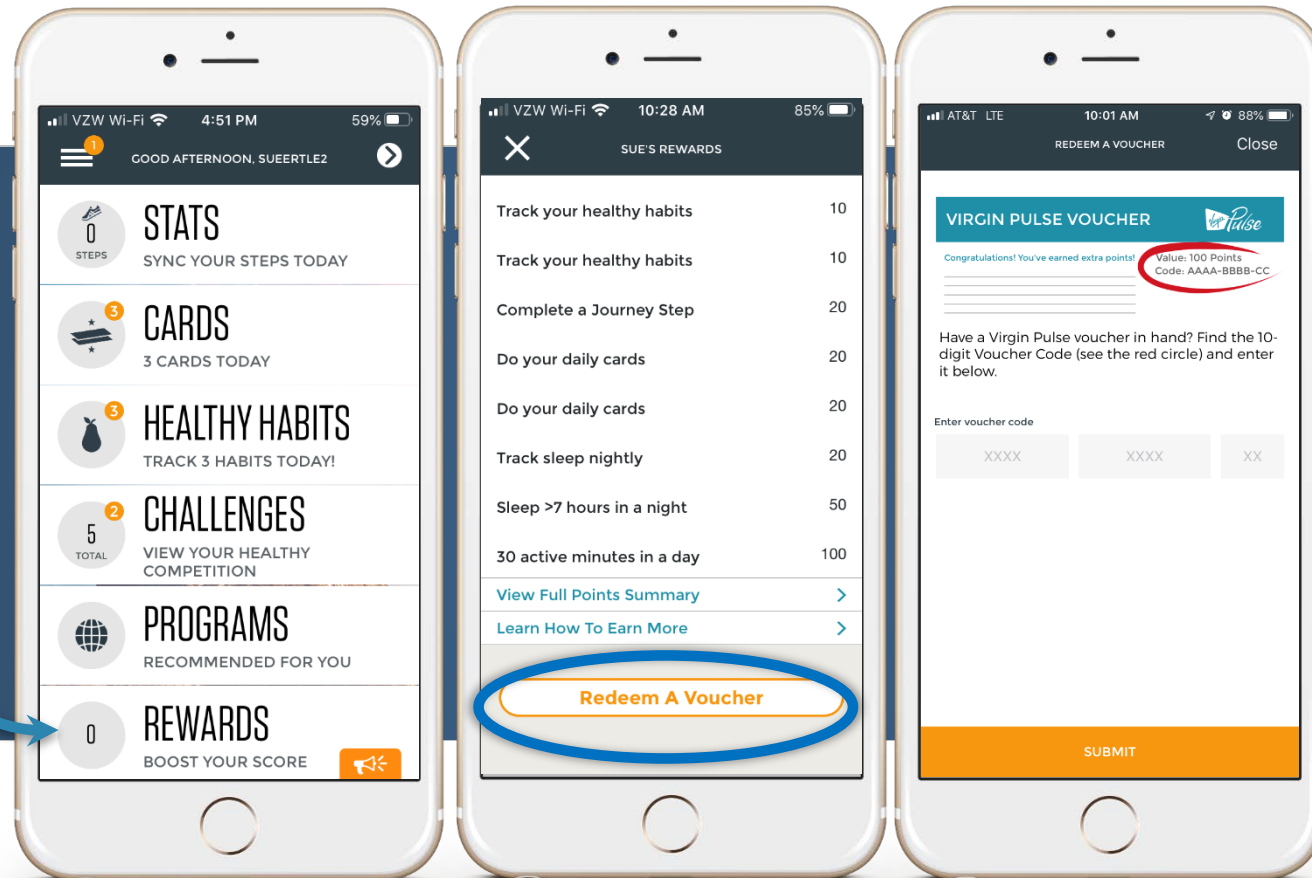
Tap Stats



Check your progress to see the steps you've taken, the calories you've consumed, sleep data, and other measurements. You can even add a work out.

View your Rewards/Progress

Tap Rewards



Check your progress for the quarter. You can also redeem a voucher that you may receive for participating in special activities.



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