

Get ready to jump start your health—It's your time to thrive!



Welcome to Virgin Pulse®!
You'll find lots of exciting tools to help you get active, get healthy, and get rewarded!



Virgin Pulse is fun and easy to use!

- Set your goals and interests
- Register and connect your activity tracking device (for example, a Fitbit®) or download the Virgin Pulse mobile app*, to help you get points and rewards faster
- Receive personalized daily to-do cards to explore new ways to get healthy
- Track healthy activities, like moving more and drinking more water
- Check in by taking health measurements like weight and blood pressure
- Join healthy challenges with others

Plus, by completing healthy activities you can earn up to \$200 in rewards (up to \$45 each quarter) from various retailers, redeemable online (or through the Virgin Pulse mobile app)! You also get a \$20 bonus for seeing your doctor for an annual wellness visit and completing an online health assessment. **Get moving and start earning today!**

Access your wellness program in 3 simple steps

1. Log in to bcbsri.com to go to your member page.
2. Click on “**Wellness Portal with Health Assessment**” under “**Health and Wellness.**”
3. Click “**Get Started.**”

That's it! Now you're ready to learn more about all of your incentives!

*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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