**Get healthy, get rewards**

****It’s time to get started with your well-being program!\*

The Blue Cross & Blue Shield of Rhode Island program,   
powered by Virgin Pulse®, can help you reach your   
health goals and earn rewards along the way.   
  
It’s easy, it’s fun, and it’s a great way to get (or stay!)   
inspired to eat well, sleep better, get more active,   
manage your stress, and more!

**Virgin Pulse lets you:**

* Set your goals and interests
* Register and connect your Fitbit**®** or other device to help you get points and rewards faster
* Track your activities, like walking and even drinking more water
* Track your weight and blood pressure
* Join fun challenges with others

3 Simple steps to get started!

**1. Sign up –** Go to **join.VirginPulse.com** or download the Virgin Pulse app at the [Apple App Store](https://apps.apple.com/us/app/virgin-pulse/id793322895) or [Google Play](https://play.google.com/store/apps/details?id=com.virginpulse.virginpulse&hl=en).\*\*

**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.

[Watch how quick it is to register.](https://youtu.be/znRb4a1lduo)

*Now get tracking!*



\* This program is 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.

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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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