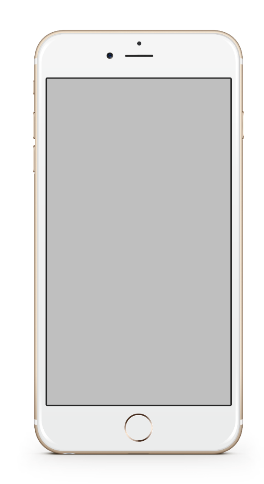
**Head into the holidays**

Size matters! Did you use smaller plates today to help limit portions?



Create a Size Matters challenge and invite your coworkers!\* The goal is to achieve this healthy habit 5 out of 7 days.   
  
Open your **Virgin Pulse®** app and tap “challenges,” then create a healthy habit challenge. Tap “Size Matters” to start it up and invite players. (Be sure you’ve chosen “Eating Healthy” under My Interests so you can see Size Matters.)

View [step-by-step instructions](https://www.bcbsri.com/sites/default/files/orphanfiles/Well-being-Size-Matters-Challenge-FINAL.pdf).

Haven’t downloaded the **Virgin Pulse** app yet? It’s easy!

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.

*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.

\*\* 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. Apple and the Apple logo are trademarks or Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc. Google Play is a trademark of Google Inc.

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.