**You don’t want to get sick!**

**Nobody does. And you certainly don’t want to end up with a major medical problem.**

One great way to avoid these issues is to develop healthy habits like getting regular exercise, eating sensibly, and making sure you get an annual checkup with your doctor. Don’t miss out on this annual visit, which helps you focus on staying well and preventing future health problems. When you see a primary care provider (PCP) in the BCBSRI network, the annual health check is covered at no extra cost to you.

(If you need a PCP, search “PCP” with our [Find a Doctor Tool](https://urldefense.proofpoint.com/v2/url?u=http-3A__mkto-2Dsj070107.com_eh0nsD00000FWn0VftOht0K&d=DwMFaQ&c=TICmdyKR0jf2FFM5K2Q4vQ&r=fzP7J6-F7qIMlzlfImr7bmIgm6kGfnXLKjhAISn0g7o&m=qZHMDLNwvRSNi6ym34q-nfgouVAH9SKNsFGCrahFUa4&s=RXz6UusuaqZm2SvQVe7tu4YzE7g5LBmNrb7IJ6NlVq8&e=).)

Already had your annual well visit? Great, you earned 5,000 Virgin Pulse**®** points!\*

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.** 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.

\*\* 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.

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