

# USE THE VIRGIN PULSE PLATFORM TO REACH YOUR WELLNESS GOALS

As part of the State's Rewards for Wellness program, you can complete activities through Virgin Pulse and earn wellness credits—up to \$200 per year, plus an additional \$50 for completing the health check. These credits will be applied automatically to your bi-weekly medical plan premium (your co-share) in 2023\*.

## Do healthy things. Earn points. Get rewarded.

- Earn points through activities, healthy habit tracking, challenges, and more
- The number of points you earn determines your activity level (2/3/4)
- Your activity level determines your quarterly incentive (maximum annual incentive is \$200)

Your points will reset to zero at the start of every quarter

	Level 1	Level 2	Level 3	Level 4
Points Earned	500	5,000	10,000	15,000
Incentive	–	\$25	\$50	\$100

## Getting started is easy

1. Download the app\*\* through the Apple® App Store or Google® Play, or visit [myBCBSRI.com](https://myBCBSRI.com) to sign up.
2. Register your account.
3. Select **Blue Cross & Blue Shield of Rhode Island** as your sponsor.
4. (Optional) Connect your Fitbit or other wearable device to track and sync steps with the app. You can still use Virgin Pulse and earn points without connecting a smartphone or wearable tracking device.



Need help with registration? Call the Virgin Pulse team at **888-671-9395**

\*Only active State of Rhode Island employees who are paying State medical co-share premium payments **at the time of the incentive delivery** are eligible to receive co-share credits.

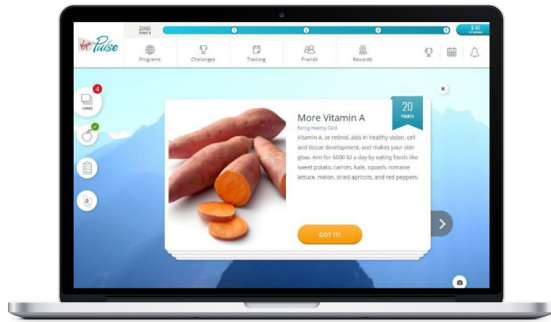
[More information >](#)

## How to earn points

Here are some ways you can earn points. For more ideas, check out the **How to Earn** tab.

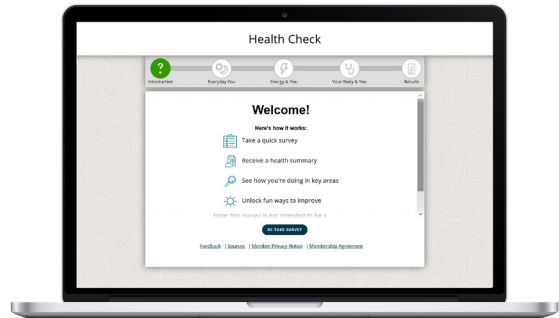
### Read your daily cards

Each day you'll find two new cards with healthy habit tips that are tailored to your chosen interests.



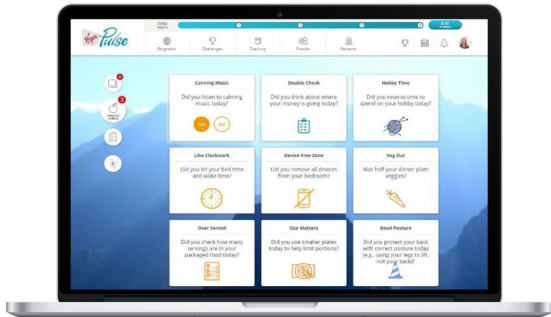
### Complete your health check

Get insight into your health status, along with tips for positive change and a \$50 co-share credit. This credit is in addition to the \$200 maximum incentive you can earn for activities.



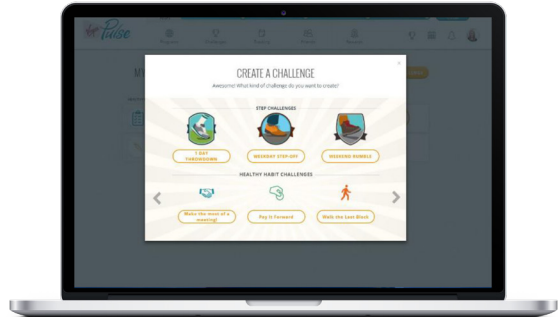
### Track your Healthy Habits

Want to add a habit? Visit Healthy Habits under the home menu for options.



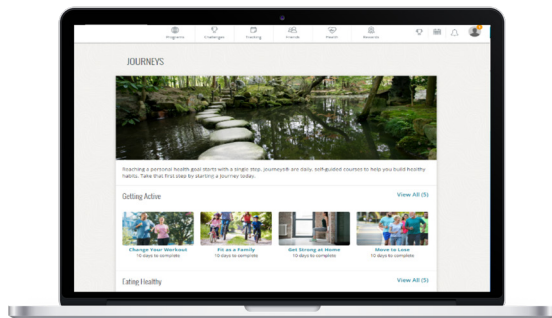
### Have some fun with challenges

Start or accept a challenge for a little extra motivation (and maybe earn some bragging rights).



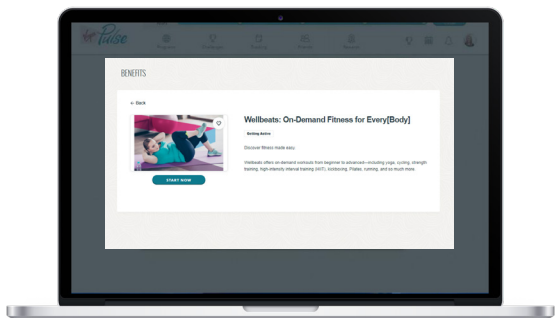
### Create a Journey

Plan and monitor your progress toward better nutrition or sleep habits with Journeys.



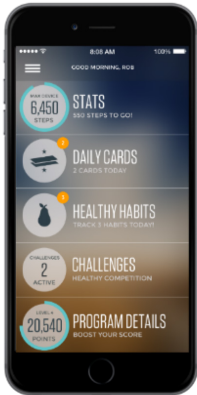
### Explore Wellbeats

Choose from 1,000+ on-demand fitness, nutrition, and mindfulness classes. There's something for every age and interest.



## Use the convenient mobile app for on-the-go access

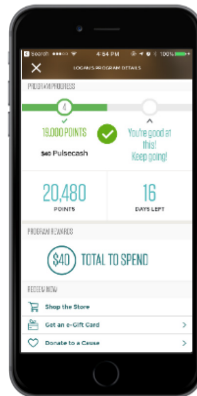
Track your steps, review your stats, and monitor your rewards—everything is at your fingertips.



Complete cards, track healthy habits, view challenges, and more.



View your stats, including steps, workouts, and active minutes.



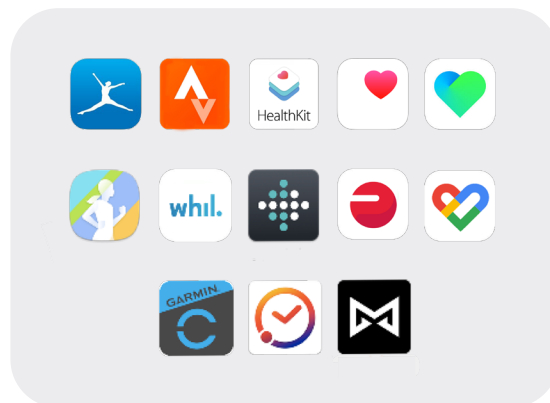
See detailed program progress, points, and rewards.



(Optional) Wirelessly sync your Max Buzz or preferred activity tracker.

## Connect your favorite devices and apps (optional)

If you're already using a fitness app, you can add it easily to Virgin Pulse. Just follow the on-screen instructions. Remember, you can still use Virgin Pulse and earn points without connecting a smartphone or wearable tracking device.

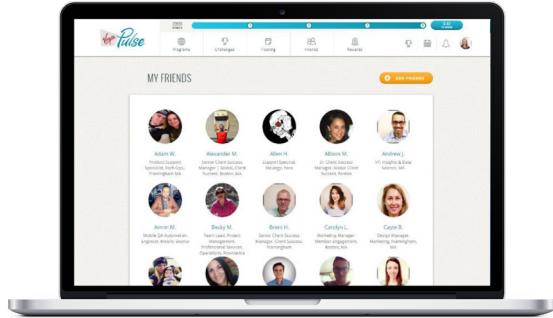


[More information >](#)

## What else can you do?

### Add your friends

Add friends to stay motivated, get support, and enjoy a little friendly competition.



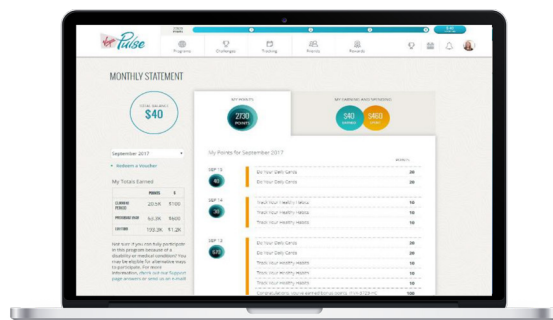
### Monitor your progress

View your stats, including steps, workouts, and active minutes, on the stats page under the home menu.



### Track your rewards

Review your Monthly Statement for a quick look at your earned points and rewards.




## Take an active role in your health

With Virgin Pulse, you can take big strides toward reaching your wellness goals—and have fun doing it. Download the app or go online to register today. Then spend a little time exploring, and discover all the ways you can get healthier and get rewarded.



\*\*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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Virgin Pulse® is an independent wellness company, contracted by Blue Cross & Blue Shield of Rhode Island to provide wellness services.



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