



DEPARTMENT OF ADMINISTRATION
Office of Employee Benefits

Participate in the Virgin Pulse Step Challenge this November!

Qualify for \$25 in co-share credits*, increase your activity level, and enjoy a little friendly competition and camaraderie with your coworkers—sign up now for the November “Walk the Wonders” Step Challenge offered through [Virgin Pulse](#) as part of the [Rewards for Wellness 2022-2023](#) program.

- **Please Note:** To participate in the Step Challenge, you must be registered at Virgin Pulse, and you must have a smartphone with the Virgin Pulse app and a step tracking app, or a wearable fitness tracker that is synced to Virgin Pulse.

- ***Need to register with Virgin Pulse?*** If you're not already registered at Virgin Pulse, access it through your mybcbsri.com account, download the Virgin Pulse app on your phone, or visit join.VirginPulse.com and use **Blue Cross & Blue Shield of Rhode Island** as the plan sponsor name.
- ***Need a fitness tracker?*** State employees are eligible to receive a free Max Buzz fitness tracker after creating a Virgin Pulse account and signing up for the step challenge. Follow [these instructions](#) to get your free MaxBuzz through the Virgin Pulse online store. Your new fitness tracker will be shipped directly to your house.
- Use the Virgin Pulse app to sync with your phone's step tracker app or sync your wearable fitness tracker with Virgin Pulse.
- Join the November "Walk the Wonders" challenge under the "Social" tab online or under "Challenges" in the app.
 - You must join an open team or create one of your own and invite your colleagues to join you (teams have a maximum of 5 people but can be as small as 1).
- Qualify for \$25 in co-share credits* upon completion of the month-long challenge.
 - To complete the challenge, you must participate by having Virgin Pulse track your steps. You will not

qualify for any co-share credits by simply signing up without actually tracking any steps.

Visit the Office of Employee Benefits website for more details regarding [Rewards for Wellness 2022-2023](#).

If you need assistance using Virgin Pulse, please call the BCBSRI State of Rhode Island Employee CARE Center at 401-429-2104 or 866-987-3705. CARE Center hours are Monday–Friday, 8am–8pm and Saturday, 8am–12pm.

If you are experiencing system or access issues with Virgin Pulse, please call Virgin Pulse support at 888-671-9395 or email support@virginpulse.com.

** “Walk the Wonders” Step Challenge must be completed in November 2022. Co-share credits paid in 2023. Only active State of Rhode Island employees who are paying State medical co-share premium payments at the time of the incentive payout(s) are eligible to receive co-share credit incentives.*

(If you're going to print this email, use attached “Printing Version” for best results)

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