



DEPARTMENT OF ADMINISTRATION  
**Office of Employee Benefits**

## **Virgin Pulse Step Challenges**

Participate in a 2023 Virgin Pulse step challenge to qualify for \$25 in co-share credits\*, increase your activity level, and enjoy a little friendly competition and camaraderie with your coworkers. Prizes will be awarded to the top three teams at the end of each challenge.

### **June Step Challenge Winners**

Congrats to the winners of the June challenge – the “**URI Ease on Down the Road Team**” (Angela O’Donnell, Shawn Winn, Gwendolyn Pugh, Christine Sinodinos and Derek Coia) – great work!

Finishing strong in second place was the “**RIC Shape-Up Crew**” (Carl Medeiros, Anne O’Connell, Stephanie Sirenski, Gerald Isom and Cindy Ventura), and in third place was the **DOC Team** (Mario Sousa, Normand Vermette, Wayne Gardner, Erik Anderson and

Walter Pires). Members of all three teams won prizes for their fantastic efforts.

## New Step Challenge in August

Sign up now for the August “Productivity Power Up” Step Challenge offered through [Virgin Pulse](#) as part of the [Rewards for Wellness 2023-2024](#) 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 one-time 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 “Fall into Fitness” 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 2023-2024](#).

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](mailto:support@virginpulse.com).

*\* The Step Challenge must be completed in the month it's offered in. Co-share credits paid in the following calendar year. 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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