



DEPARTMENT OF ADMINISTRATION
Office of Employee Benefits

Virgin Pulse Step Challenges

Participate in a 2024 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.

February Step Challenge Winners

The URI team “**This Team Is on Fire**” (Christine Sinodinos, Gwendolyn Pugh, Shawn Winn, Denise Soriano Birch and Derek Coia) finished in first place.

Finishing strong in second place was the RIC team “**One Step Closer**” (Carl Medeiros, Gerard Isom, Anne O’Connell, Cindy Ventura and Jing Chen), and in third place was the RIDOT “**#1 A Team**” (Robin Walsh, Debra Jarrow, Carole Simas, Lisa Shevlin

and Samuel Hawkes). Members of all three teams won prizes for their fantastic efforts.

New Step Challenge in April

Sign up now for the April Step Challenge “**Appalachian Trail**” offered through [Virgin Pulse](#) as part of the [Rewards for Wellness 2024-2025](#) 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 2024-2025](#).

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.

** 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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