

# FITNESS ISN'T ONE-SIZE-FITS-ALL. YOUR WORKOUTS SHOULDN'T BE EITHER.

Introducing Wellbeats™, now available through Virgin Pulse®

We all want to be active and feel our best, but we don't all want—or need—the same workouts to help us get there. Now, there's Wellbeats.

## A flexible, inclusive fitness experience

Wellbeats is a dynamic, all-about-you approach to fitness that's designed to help you develop and maintain a fitness routine that fits your lifestyle, schedule, and personal goals.



### Wellbeats includes:

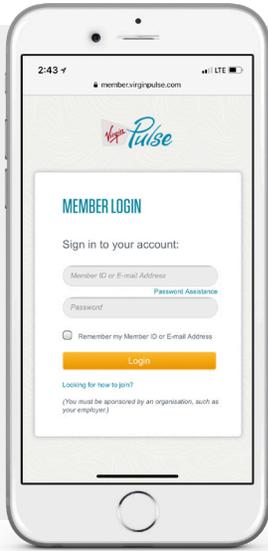
- **1,000+** online, on-demand fitness, nutrition, and mindfulness classes taught by certified instructors
- **30+** goal-based programs
- **70+** healthy recipes
- **Personalized** recommendations and workout plans
- **Fit tests** to help you track your progress
- **A virtual group** feature that lets you invite friends to scheduled classes
- **Selections** that are suitable for all ages, abilities, and interests

### Earn Virgin Pulse\* wellness points

Wellbeats activities qualify for your quarterly Virgin Pulse wellness incentive.

- Complete your fitness profile = **200 points** (one-time reward)
- Complete a Wellbeats Challenge = **100 points** per week
- Complete a 20-minute video workout = **up to 100 points** per day





## Getting started is easy

Wellbeats integrates automatically with your Virgin Pulse account.

- 1 **Log in** to your Virgin Pulse account
- 2 **Click** the Benefits tab
- 3 **Click** View All
- 4 **Click** on Wellbeats
- 5 **Build** a quick member profile and **go!**

## Find your fitness with Wellbeats

The more you use Wellbeats, the more it “learns” about you and your workout habits so it can recommend classes and challenges to support your fitness journey—whether you’re brand-new to exercising or a seasoned athlete.

**Don’t miss out on this exciting fitness opportunity. It all starts on January 1.**

*Please note: You should always consult your primary care provider (PCP) before beginning any new exercise routine, especially if you have any pre-existing or chronic health issues.*

## We’re here to help!

Call the State of Rhode Island Employee CARE Center at **(401) 429-2104** or **1-866-987-3705**.  
Monday – Friday, 8:00 a.m. – 8:00 p.m., and Saturday, 8:00 a.m. – noon.

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

\*\*Wellbeats’ Net Promoter Score (NPS) is accumulated through an average score reported in client satisfaction survey responses submitted by Wellbeats’ clients from 2019 to 2021.

## Wellbeats works



**4.5 stars**

average class rating

**85+**

countries

**1.8M+**

users

**74**

**Net Promoter Score\*\***  
(customer satisfaction rating)



Blue Cross & Blue Shield of Rhode Island is an independent licensee of the Blue Cross and Blue Shield Association.

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