

GET READY TO GET HEALTHY— AND GET REWARDED!

As part of the **State of Rhode Island Rewards for Wellness program**, you have access to the Blue Cross & Blue Shield of Rhode Island (BCBSRI) wellness platform powered by Virgin Pulse. It's never been easier—or more fun—to get active, get healthy, and get rewarded!

Use Virgin Pulse to complete wellness activities

As part of the **State of Rhode Island Rewards for Wellness program**, you can **earn up to \$150** annually in wellness incentives by completing healthy activities and a Health Assessment through Virgin Pulse.



- Connect your activity tracking device (for example, a Fitbit®) to help you get points and rewards faster
- Track healthy activities, like moving more and drinking more water
- Set your goals and interests
- Receive customized, daily to-do cards to explore new ways to get healthy
- Check in by taking health measurements like weight and blood pressure
- Join well-being challenges with others



Access your wellness program in 4 simple steps

1. Download the app* through the Apple® App Store or Google® Play, or visit the **member portal** on bcbsri.com to sign up.
2. Register your account.
3. Select **Blue Cross & Blue Shield of Rhode Island** as your sponsor.
4. Connect your Fitbit or other wearable device to track and sync steps with the app.

*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.

  Apple and the Apple logo are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc. Google Play is a trademark of Google Inc.

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

[More information >](#)

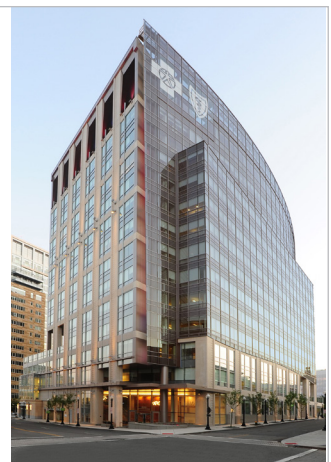
HAVE QUESTIONS?

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.

Saturday, 8:00 a.m. – noon



**IT'S WHAT
WE LIVE FORSM**



500 Exchange Street, Providence, RI 02903-2699

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