

LIVE BETTER EVERY DAY.

The Virgin Pulse wellness program gives you the tools to get active and get healthy.

Making healthy decisions has never felt better. Join the Virgin Pulse and BCBSRI wellness movement today to get moving!

Stir up some healthy competition with your colleagues!

ACTIVITY TRACKING

PROMOTIONS

CHALLENGES

REWARDS



How It Works

It's an easy to use program that helps you make healthy decisions like being more active, drinking more water, getting enough sleep, and a lot more. Healthy behaviors like these deliver noticeable benefits like reducing your risk of certain diseases, increasing your focus, and just making you feel great!

The program keeps you motivated with challenges, promotions, health tips! And if that's not enough, you can also earn rewards.

What You'll Do

- Start by making a commitment to healthier living.
- Register for your Virgin Pulse account.
- Track your healthy activities from moving more to drinking more water.
- Take part in challenges and discover healthy tips, and more!
- Get points for the healthy things you do!



Your program

Stir up some healthy competition. It's easy to earn points by making healthy decisions.

POINTS EARNED



Activity	Upload steps from your activity tracker (Max, Fitbit, Misfit Shine, Endomondo)	Per Day	Per 1,000 steps (Up to 14,000 steps)	10 Points
			15 or more active minutes	70 Points
			30 or more active minutes	100 Points
			45 or more active minutes	140 Points
Measurements	Biometric measurements	Per Event	Stand-alone Screening	100 Points
		Per Quarter	Biometric Screening	500 Points
			Ideal/Improved Blood Pressure	250 Points
			Ideal/Improved BMI	250 Points
Self Tracking	Track Healthy Habits and Activity Journal Entry	Per Day	1 entry (max for all self tracking=3/day)	10 Points
Cards	Complete	Per Day	Complete card (2/day)	20 Points
More!		Per Year	Annual Well-being Visit	5,000 Points
		Per Year	Dental Visit (if applicable)	2,500 Points
		Per Year	Vision Exam (if applicable)	500 Points
		Per Event	Stop-by Event	100 Points
		Per Event	Seminar/Multi-week Event	300 Points
		Per Event	Onsite Physical Activity	100 Points
		Per Event	Participate in Webinar	100 Points
		Per Quarter	Care Management	500 Points
		Per Year	Complete the Health Assessment	1,500 Points
		Per Year	Health Coaching	500 Points
		Per Year	Complete Nicotine-Free Agreement	1,000 Points
		Per Quarter	Ideal or Improved Blood Pressure	250 Points
More!		Per Quarter	Ideal or Improved BMI	250 Points
		Per Quarter	Ideal or Improved Total Cholesterol	100 Points



Download the
FREE iOS or
Android app
today!

PUT THE POWER OF VIRGIN PULSE IN THE PALM OF YOUR HAND.

Virgin Pulse Mobile



iTunes App Store is a service mark of Apple Inc.



Google Play is a trademark of Google Inc.



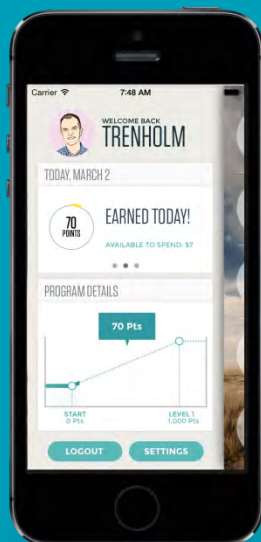
Virgin Pulse mobile puts the best features of the Virgin Pulse wellness program in the palm of your hand! Access your account anywhere, anytime and keep track your progress, your rewards and more. Plus, the first time you log in you'll earn bonus points!

Make sure to turn on your mobile alerts so you don't miss out on earning opportunities. Living better every day just got a whole lot easier.

Use the FREE Virgin Pulse mobile app to:

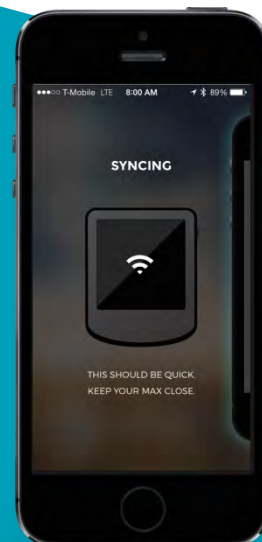
Track Your Progress

- Daily activity
- Healthy habits
- Upcoming milestones
- Rewards



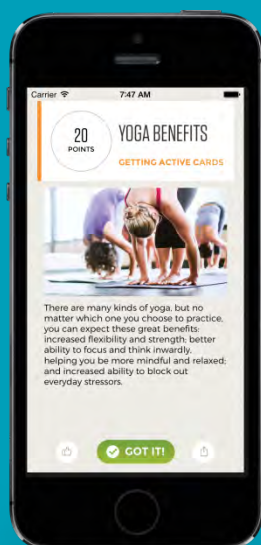
Sync Your Steps

- Automatically sync your Max™ activity tracker with your phone and earn rewards for your activity.
- No Max? Use the app to track your steps and get rewarded right from your Android phone 4.4 or higher or iPhone 5S or higher!
- Simply turn on motion activity when prompted (or under the Virgin Pulse app settings) and the steps will display in the app and on the member website.



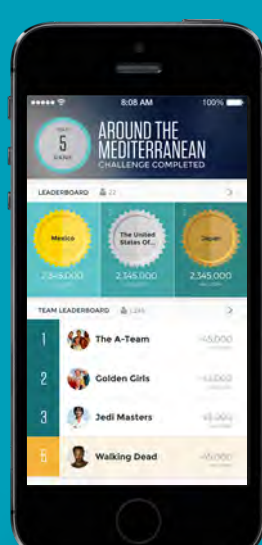
Cards

- Read, complete, like, and share your daily to-do cards to explore new ways to get healthier – and earn rewards!



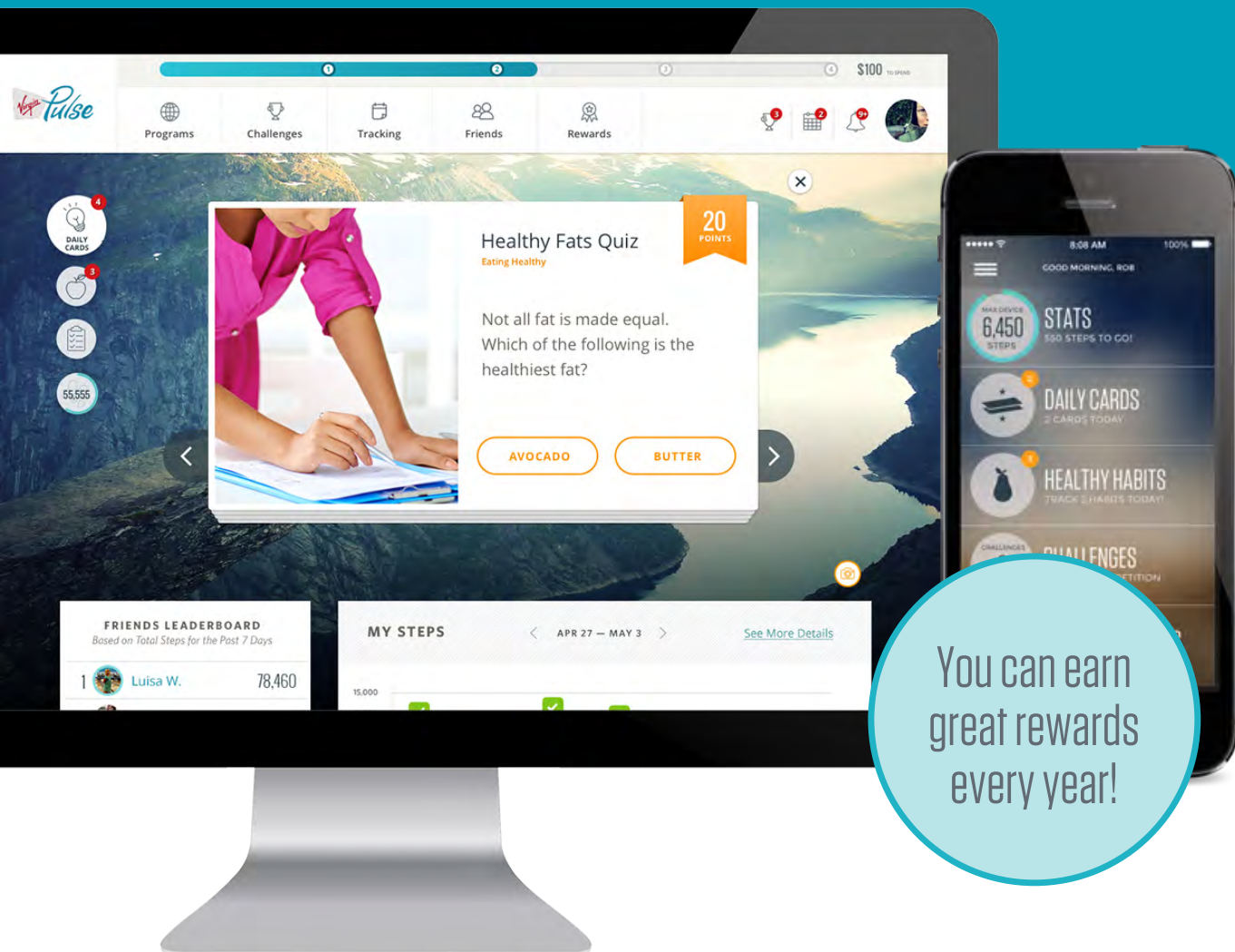
Challenges

- Check your progress in a featured challenge (with team and individual leaderboards).



Not a member yet? Sign up now by logging into bcbsri.com and selecting “Wellness Portal”

Download the latest Virgin Pulse app on Google Play and the iTunes App store



GET READY TO THRIVE

The Virgin Pulse wellness program gives you the tools to get active, get healthy, and get rewarded.

Making healthy decisions has never felt better. Join Virgin Pulse today to get moving!

Join now by logging into bcbsri.com and selecting "Wellness Portal"



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Virgin Pulse program

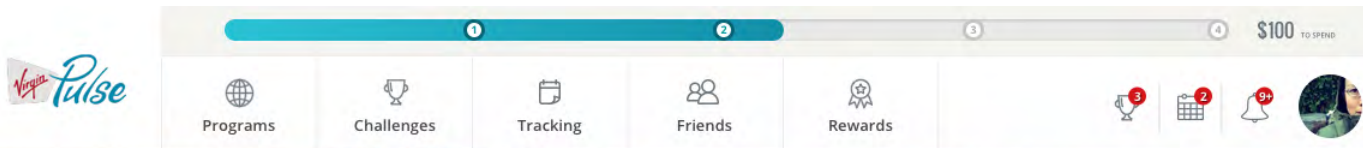
Now it's even easier to make healthy decisions like getting more active, drinking more water, getting enough sleep, and a lot more!

The Virgin Pulse program keeps you motivated with challenges, promotions, and health tips. You'll also earn points and trophies.

Here's what to do:

- Log into bcsri.com and select "Wellness Portal"
- Set your goals and interests.
- Register or connect your activity tracking device or app. Wearing a device is the fastest way to earn points and get rewards!
- Track your healthy activities, like moving more and drinking more water.
- Check in by taking health measurements, like weight and blood pressure.
- Take part in challenges, discover healthy tips, and more!
- Get rewarded for the healthy things you do! The more you do, the more you earn. Then see your points translate into rewards! Each quarter your game will start fresh, and you'll have another opportunity to reach Level 4 and earn big!

Here's a peek at the header and menu for easy navigation:



The website

The site is easy and fun to use to help you reach your goals and earn rewards.

DEVICES & APPS

Track your activity any way you like!

Stay on track with your fitness goals with the right tool to do the job! We know a single device may not fit your lifestyle, so we made sure to give you options. Use any of the devices listed on this page with the Virgin Pulse program to capture your daily activities or monitor your biometrics such as heart rate and calories burned.

[GO TO DEVICE STORE](#)



VIRGIN PULSE MAX

[BUY A MAX](#)

Virgin Pulse MAX is an ultra-smart pedometer that tracks your steps, distance and calories burned. But Max doesn't stop there. Use Max to get reminders, encouragement and applause. Sync Max to your iOS or Android device or upload to your account via USB. Wear Max every day, and watch your points add up fast!

Once you have the Sync software installed and running on your computer, you'll plug it into your Max and automatically upload steps taken, distance covered and calories burned to your account. These stats will display on your Activity Journal.

- [Activate Your MAX](#)
- [Download SYNC Software](#)
- [Change Your Device Settings](#)
- [Buy a New Battery](#)

Devices & Apps

Wearing a device is the fastest way to earn points and get rewards! To see all compatible devices and apps, drop down the menu bar and click Devices & Apps under Tracking. Order and connect a device to your account here, too!

Be sure to download the Virgin Pulse mobile app for iOS or Android. If you are currently using the Virgin Pulse mobile app, be sure to update to the latest version in the App Store or Google Play. With the new mobile experience you'll stay connected on the go. Plus, the first time you log in you'll earn bonus points!

MY GOAL

WHY SET A GOAL?

- WHAT IS WELL-BEING?
- WHAT DOES WELL-BEING MEAN TO ME?
- WHAT IS MY WELL-BEING GOAL?

42%
HAPPIER

Setting personal goals can boost your well-being over the long haul.

People with worthwhile goals feel happier, more satisfied with life, and more effective at work.

37%
MORE EFFECTIVE AT WORK

Want to thrive? Make your goal positive, generative and attainable.

[READY? LET'S GO](#)

My Goal

People who set goals feel happier, are more satisfied with life, and are more effective at work.

How do you envision yourself living a life of well-being a year from now? Set a meaningful, healthy long-term goal for yourself and we'll help you stick to it!

MY INTERESTS

Pick the areas you're interested in and we'll cook up relevant tips and recommendations just for you!

SAVE



Getting Active



Learning New Things



Eating Healthy



Being Productive



Building Relationships



Sleeping Well



Reducing Stress



Contribute to My Community



Managing My finances

My Interests

Choose as many interests as you like and we will personalize your program experience! Interests include:

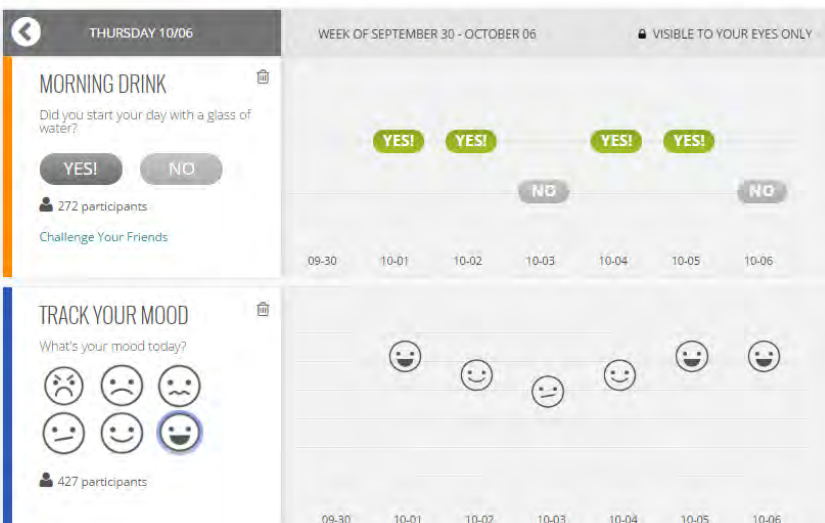
- Eating Healthy
- Getting Active
- Sleeping Well
- Reducing Stress
- Being Productive
- Building Relationships
- Learning New Things
- Managing My Finances
- Contributing to My Community

Cards

It's easy to earn points every day by checking out your cards. Be sure to complete the cards to earn points. If you like it, click the thumbs up to let us know. You'll see new cards on the site and mobile app each day.

My Healthy Habits

Browse All



Healthy Habits

Choose which habits you'd like to build and be sure you track them! You get rewarded for tracking three Healthy Habits each day, but you can track up to twenty.

My Stats

Check your progress to see your steps, calories consumed, measurements, workouts, and sleep data.

MY STEPS

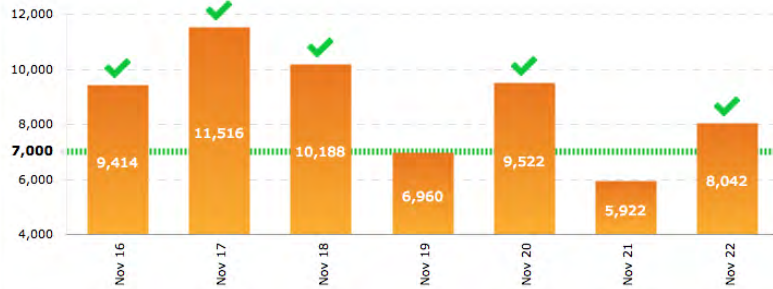
Hit the target 7,000 steps a day and earn a trophy! Earn additional trophies for streaks of 10 or 20 days of 7,000 steps

MY STEPS

< NOV 16 - NOV 22 >

WEEK

MONTH



STEPS THIS WEEK
61,564

MOST ACTIVE DAY
2014-11-17

DAILY STEP GOAL
7,000 STEPS

Misfit steps

My Community

Add friends and family to build your support network. Earn points when you add your first five friends and first friends and family outside of your organization!

Create groups around common interests or events like biking, recipe sharing, or a lunchtime walking club.

GROUPS

CREATE A GROUP

MY GROUPS

BIKERS UNITE 2015
Activity
8 Members
Last Comment: 2015-04-24

GET A BETTER NIGHTS SLEEP
Lifestyle
18 Members
Last Comment: 2015-04-24

SHARE A RECIPE
Nutrition
35 Members
Last Comment: 2015-04-17

GET YOUR 7,000 STEPS
Activity
14 Members
Last Comment: 2015-04-08

Challenges

Join a team challenge to increase your steps, earn even more points, and go head-to-head with your fellow Virgin Pulse members.

In addition to team challenges, invite friends and group members to personal challenges.

GREAT AMERICAN ADVENTURE

Team up to trek across the United States — from New York City to Hollywood! Your crew has just a few weeks to walk coast to coast, unlocking American sights and cities along the way! Ready to hit the road?

CHALLENGE RULES

289,227
TEAM STEPS

ADD RIVALS

6
DAYS REMAINING

WHAT'S HAPPENING?

MY TEAM CHAT

VIEW ALL TALK

2 hrs ago

LIL LILLE

"We're just 15,000 steps behind. Who wants to run tonight?!"

7 hrs ago

LIL LILLE

"OMG! We're in the running for top 3! Can you guys make sure you upload your

TEAM LEADERBOARD

PLAYER LEADERBOARD

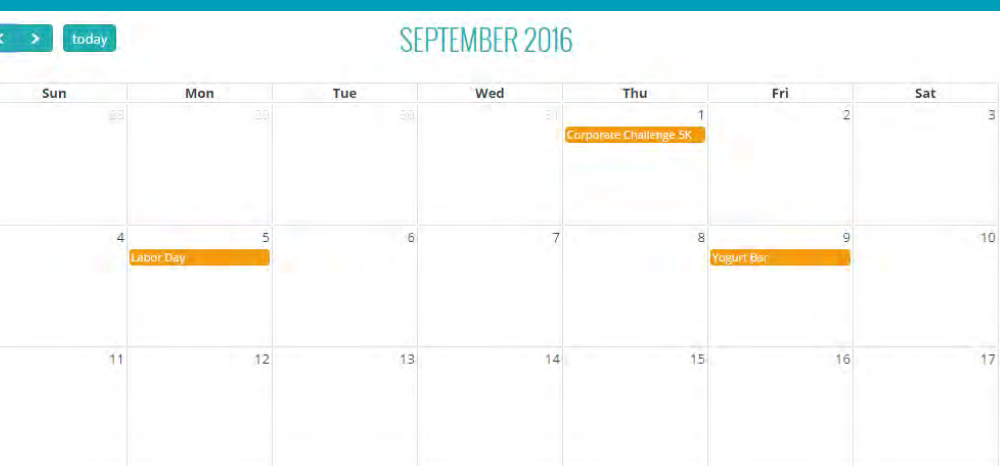
MY TEAM STATS

MEMBERS

LIL LILLE	80,450
CHELSEA	79,500
JEFF	75,675
MANDY	64,890

POINTS BY DAY





Events Calendar

Check out all of your organization's scheduled wellness events each month.

MONTHLY STATEMENT



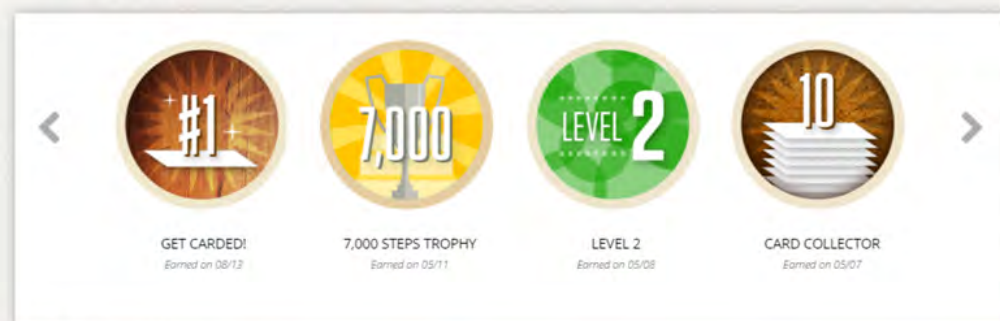
Monthly Statement

Check out your progress and how many points and trophies you have earned.

Redeem Vouchers

You can also redeem points vouchers on the Monthly Statement page or mobile app. Vouchers may be earned at your location for practicing healthy habits and behaviors.

TROPHY CASE



Trophy Case

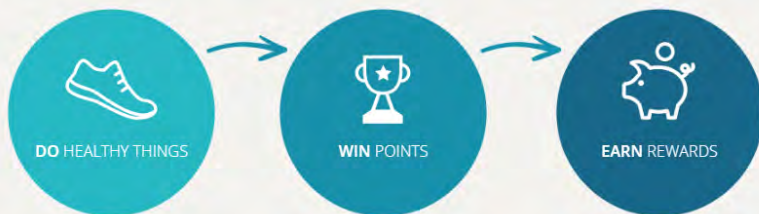
Your Trophy Case holds all of the trophies you've earned in your game. Some are just for fun, but some have bonus points tied to them! Check out your Trophy Case to see the ones you've already earned and the ones you are close to earning.

IN THE RUNNING

What trophies are on deck and your progress towards achieving them!



HOW TO EARN



ACTIVITY

	POINTS
DAILY	
Take 1,000 steps in a day	10
Take 2,000 steps in a day	20
Take 3,000 steps in a day	30
Take 4,000 steps in a day	40
Take 5,000 steps in a day	50
Take 6,000 steps in a day	60
Take 7,000 steps in a day	70
Workout for 15 minutes in a day	70
Maximum Activity Reward	140
Take 14,000 steps in a day	140
MONTHLY	
Take 7,000 steps 20 days in a month	400
Take 10,000 steps 20 days in a month	500

CARDS

	POINTS
DAILY	
Do Your Daily Cards	20
MONTHLY	
Complete 10 daily cards in a month	100
Complete 20 daily cards in a month	200

CHALLENGES

	POINTS
MONTHLY	
Creating a Personal challenge	50
Join personal challenge	100
Join the Company Challenge	100
Achieve the promoted Healthy Habit for 5 of 7 days	200

CUSTOM

	POINTS
DAILY	
Enter your daily 'one thing'	40
ONETIME	
Attended Report Training	10

GENERAL

	POINTS
ONETIME	
Add a Profile Picture	100
PROGRAM	
Set a wellbeing goal	200

How to Earn

See all of the ways to earn points and trophies.

The to-do list (on the home page) tells you all your available earning opportunities.

1,000 Steps = 10 Points

You'll earn 10 points for every 1,000 steps you take each day.

1,000 steps = 10 points
2,000 steps = 20 points
3,000 steps = 30 points
4,000 steps = 40 points
5,000 steps = 50 points
And so on...

Take as many steps as possible! You can earn up to 140 points per day for steps.

7,000 Daily Step Goal

Aim for at least 7,000 steps each day to enjoy the benefits of being physically active, and earn points for doing it!

Have Questions?

Drop down the menu bar under your profile picture and click Support. Click the Support Page button on the pop-up to see all the latest product enhancements and FAQs. You can also live chat with us.

Have Additional Questions?

Give us a call: (888) 671-9395

Send us an email: support@virginpulse.com

Check out support.virginpulse.com

CONTACT US

Find answers on our [Support Page](#)

Or, call us at 888-671-9395

How to Find Your Focus While Working from Home



TIP SHEET



In wake of the COVID-19 pandemic, a lot of people across the world are finding themselves working from home. While there are some conveniences, working from home isn't easy for everyone and can come with many distractions. For parents and caregivers, there is a whole new dimension of disruption and anxiety that comes with being able to get your work done while taking care of your family.

23 MINUTES

Studies show that if we are interrupted, it takes us an average of 23 minutes to return to our original task.

Here are a few quick ways to maintain focus while working from home:



Morning Magic: If you have a major task to complete, align your time to tackle it when your energy levels are at their peak and when you perform at your best. There is no exact time, but many people find that they're more alert, focused and productive in the morning. Prepare yourself to get started and set a realistic deadline, which can add a touch of positive stress to motivate you. Reward yourself when you reach mini goals and major milestones as you go. Breaking up big projects into smaller tasks will also help you from feeling overwhelmed.



Keep Hydrating: Did you know that 55-60% of your body and 73% of your brain is made up of water? Dehydration can affect brain function, mood and energy levels. Studies show that even small fluid fluctuations can have a detrimental effect on your ability to concentrate. Use a healthy habit tracker to keep hydrating throughout the day.



Move It: Make sure you get moving to help boost your performance and focus. By increasing blood flow to the brain, you'll feel more alert and boost your energy levels. Regular exercise also helps to regulate your mood through the release of serotonin. And moving sprinkles your brain with BDNF (brain-derived neurotrophic factor), a protein that acts like a fertilizer in parts of your brain associated with learning, memory and higher thinking. Turn on an exercise video or go for a (socially distant) walk outside.



Become a Taskmaster: The 'Ivy Lee' method has been around for 100 years – and there's a reason why this productivity and priority planner is still popular today – it's proven, and it works! At the end of each day, write down your six most important tasks for the next day and put them in order of importance. You've now closed your day and can rest your brain and body. When you start work the next day, focus on the first task and keep going until it's finished, and then move onto the second task. Try to stick to this and move any leftover items to your next day so you have a record. This helps you to stop thinking about them, which will help you to relax.



Turn it Up: Consider wearing your headphones to send a message: do not disturb. Even if you're not listening to anything. If you're keen to listen to some music, consider genres without lyrics. Studies show that music without lyrics tends to be less distracting.



Take a Break: Studies show that the longer you work on one particular task, the harder it becomes to maintain your focus, especially when you work past 90 minutes. You've probably felt your attention and ability to concentrate fade, and your mind start to wander. Unfortunately, our brains aren't always aware of declining efficiency. Small breaks throughout your working day can help your focus and concentration.



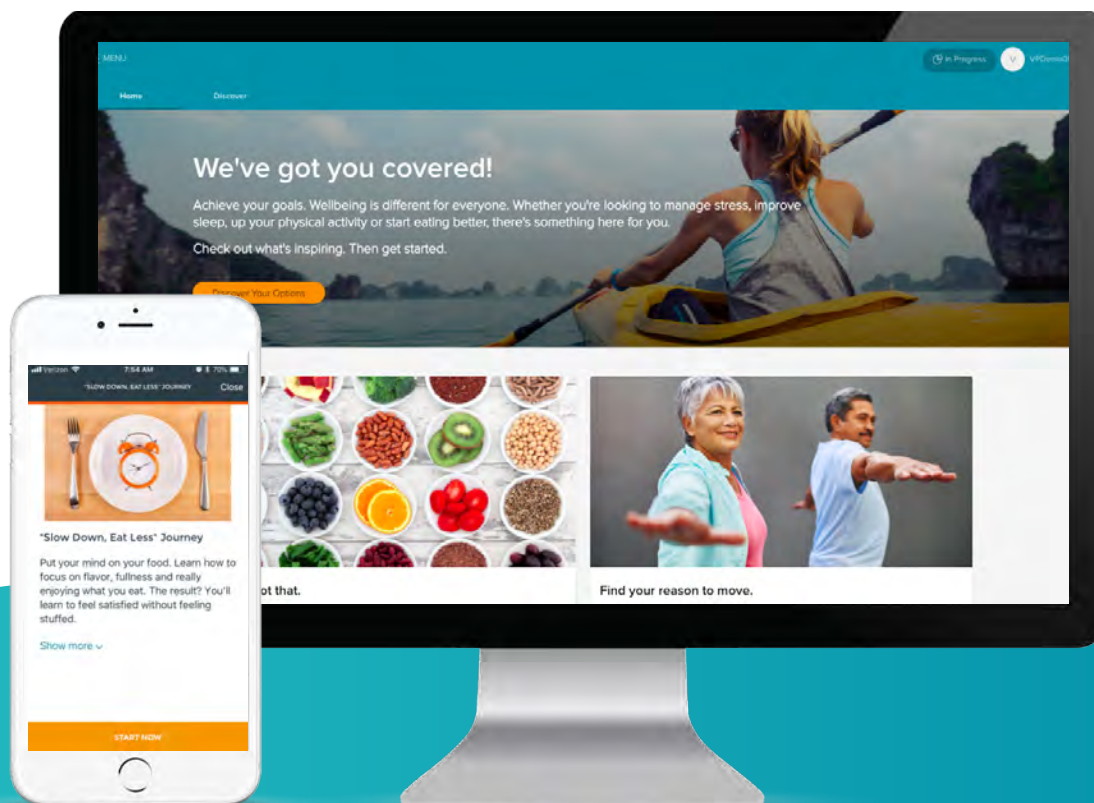
Close the Day: Put boundaries on your day so you can separate your work time from your leisure time at home. Physically, get up and move away from your workspace. Leave your computer and tools in another room if possible. And most importantly, resist the urge to do work tasks no matter how quick they might be. We don't know how long this will continue, so maintaining a health work-life balance will be important.

Ready to take your employee wellbeing program to the next level? [Talk to an expert at Virgin Pulse to get started.](#)

Learn more at virginpulse.com Find us on [facebook](#) | [twitter](#) | [linkedin](#)

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JOURNEYS® TOPICS FOR POPULAR HEALTH GOALS

Journeys help people stress less, move more, eat better, cut back on alcohol and quit smoking. They address chronic conditions including diabetes and musculoskeletal health, eliminating the need to add costly point solutions. Journeys is the only digital intervention of its kind, showing improved outcomes and sustained healthy habits.

Uniquely personalized digital coaching that delivers:



Choice

Commit to specific, small steps that appeal to your personal interests.



Convenience

Journeys fit into daily life. Form habits in just minutes a day with quick but powerful digital interactions.



Confidence

Small wins are reinforced and success helps build new habits. Live coaching provides support.



Feedback

Timely nudges and gamification reinforce new habits as they're formed.

STRESS LESS

10 Minutes a Day to Less Stress

Feeling stressed? Overwhelmed? It doesn't take much time to shrink your stress level — but it does take consistency. Invest 10 minutes a day in yourself, so you can be more clearheaded and energetic all day. (2 STAGES)

Choose a New Attitude

Discover ingenious small steps that help you coach yourself into a whole new frame of mind. View challenges from a different angle and find ways to solve everyday problems. Handle stress better by shifting your attitude. (2 STAGES)

EXERCISE

Crank Up Your Workout

Even the most dedicated workout can get stale over time. Make the most of your favorite workouts and find new ones to make sure your fitness routine is never standing still. (3 STAGES)

Get Strong at Home

You're ready to get stronger. Discover these great strength-training moves and find out how to pair them with daily habits to keep yourself going at home. (3 STAGES)

QUIT SMOKING

Ready, Set, Stop Smoking!

You can quit smoking once and for all by practicing one small, doable — even fun — step at a time. First, set your quit date. Then start prepping your mind, body and environment. When your quit date arrives, you'll be ready to stop! (4 STAGES)

HEALTHY EATING

Slow Down, Eat Less

Put your mind on your food. Learn how to focus on flavor, fullness and really enjoying what you eat. The result? You'll learn to feel satisfied without feeling stuffed. (3 STAGES)

Smart Snacking

Follow a path to a snacking routine that can help you meet your weight goals. You'll practice thinking ahead and learn to spot the most energizing choices. You'll avoid overeating at meals and boost your nutrition, one small snack at a time. (3 STAGES)

ALCOHOL

Dial Back the Drinking

Drinking can be costly. In money, calories, sleep quality and relationships — and of course, the risk of dependence. This Journey can help you cut down or quit. Test new drinks that satisfy. Relax and energize in new ways. (3 STAGES)

DIABETES

Dine Out with Diabetes

This Journey will guide you through small steps and tips for ordering well. You may never look at a menu quite the same way again. (3 STAGES)

Fit to Walk with Diabetes

Practice new ways of squeezing in fitness and setting up your environment so you're ready and motivated to get out there. (3 STAGES)

BACK, MUSCLES & JOINTS

Lift Right, Sit Right

Learn how to sidestep back pain by trying out easy ways to tweak the things you do every day, from lifting to sitting to standing — even sleeping! (3 STAGES)

Strengthen Your Core

Practice and put together simple moves that will help you look better, feel better and avoid back pain. (2 STAGES)

Live Better with Osteoarthritis

Explore a variety pack of self-care tips and learn about medical treatments on your way to a fuller, more productive life. (2 STAGES)

Live Better with Rheumatoid Arthritis

Make small changes to how you care for your body and mind, soothing your pain and possibly slowing the progression of your rheumatoid arthritis. (2 STAGES)

Talk to an expert at Virgin Pulse to get started.

Learn more at virginpulse.com

Find us on [facebook](#) | [twitter](#) | [linkedin](#)

