

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

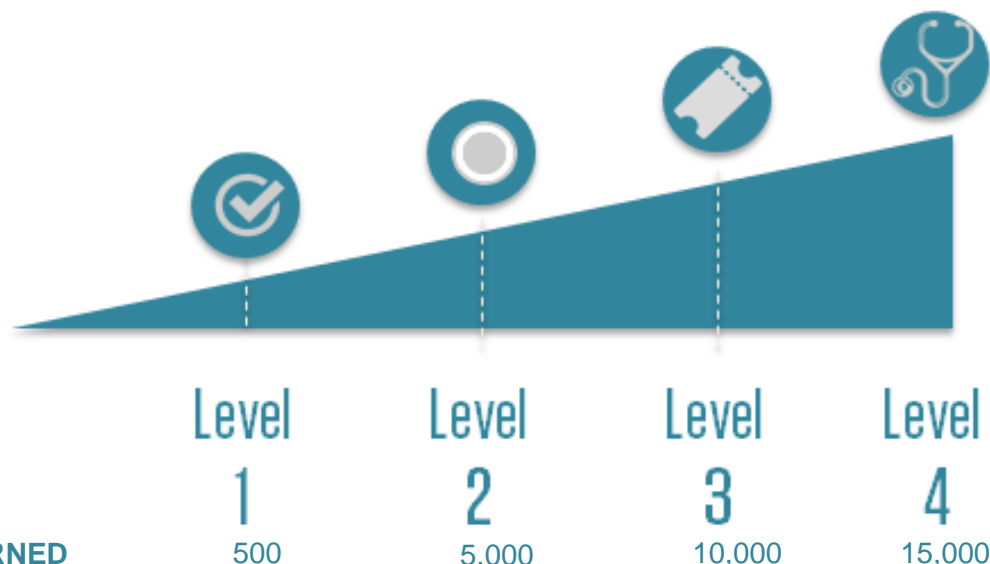
- Start by making a commitment to healthier living.
- Register for your Virgin Pulse account.
- Track your healthy activities from moving more to drinking more water.
- Take part in challenges and discover healthy tips, and more!
- Get points for the healthy things you do!



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