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!

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.

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<tr>
<th>POINTS EARNED</th>
<th>Level</th>
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### More!

#### 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
  - 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

#### More!

- **Ideal or Improved Blood Pressure** 250 Points
- **Ideal or Improved BMI** 250 Points
- **Ideal or Improved Total Cholesterol** 100 Points