

# 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](http://bcbsri.com) and selecting "Wellness Portal"



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# Virgin Pulse program

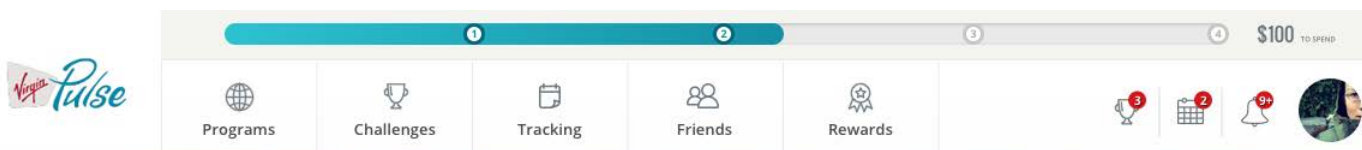
Now it's even easier to make healthy decisions like getting more active, drinking more water, getting enough sleep, and a lot more!

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 [bcbsri.com](http://bcbsri.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
- Change Your Device Settings
- Download SYNC Software
- 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 wellbeing 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



Contributing to My Community

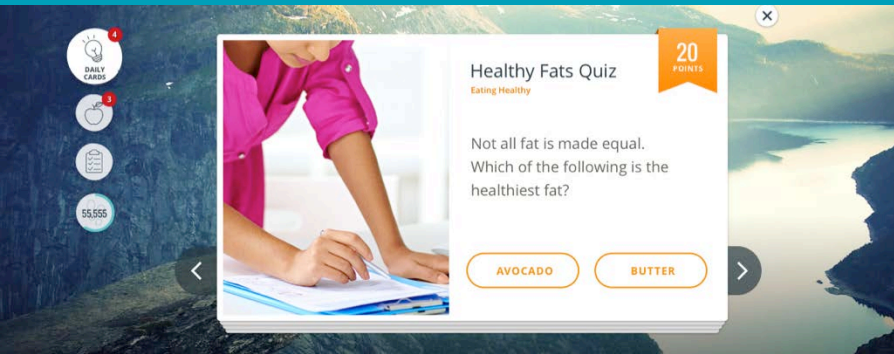


Managing My finances

## 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

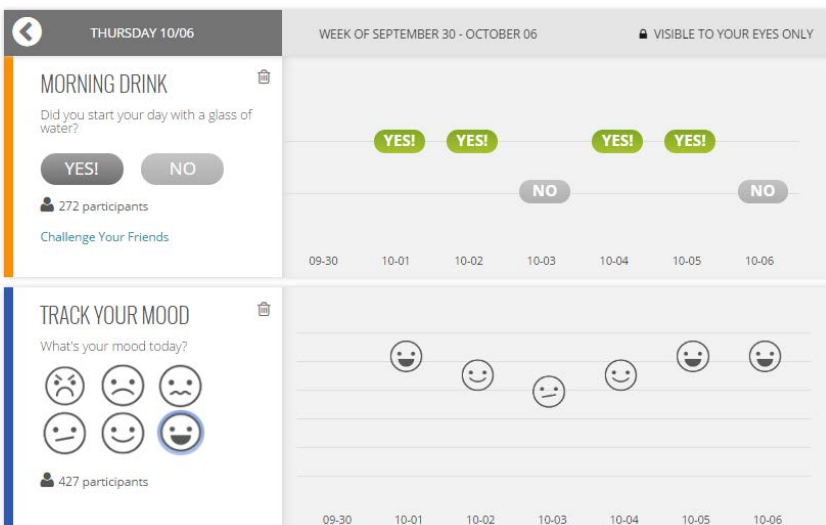


## Cards

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 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

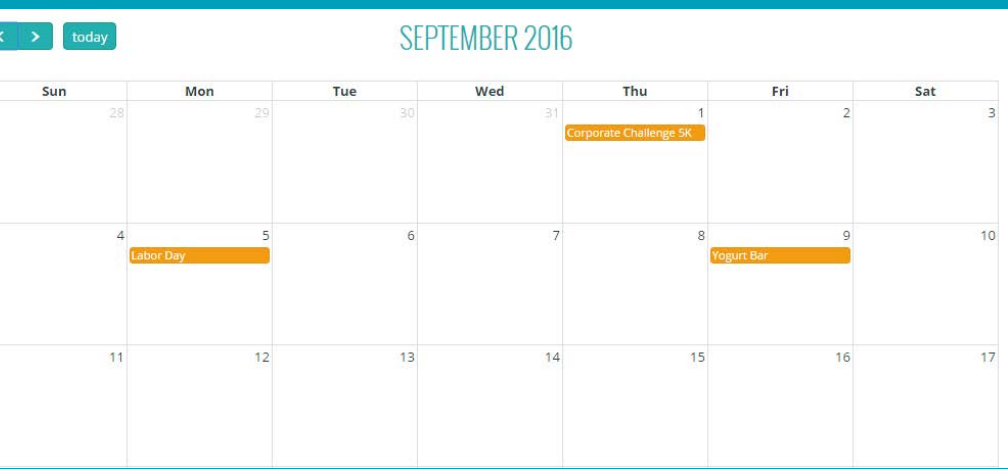
- 2 hrs ago  
**LIL LILLE**  
 "We're just 15,000 steps behind. Who wants to run tonight?!"
- 7 hrs ago  
**LIL LILLE**  
 "OMG! We're in the running for top 3! Can you guys make sure you upload your

### TEAM LEADERBOARD

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

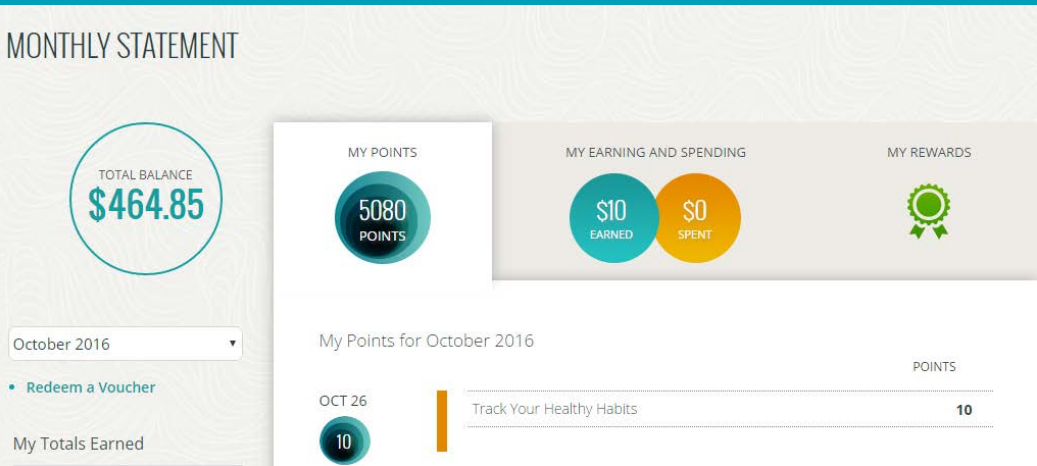
### PLAYER LEADERBOARD





### Events Calendar

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

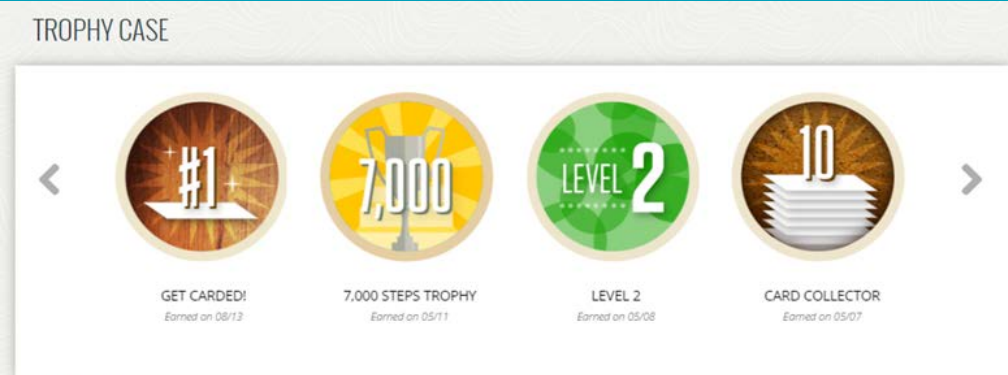


### Monthly Statement

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

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.



## HOW TO EARN



## 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.

### ACTIVITY

|  | DAILY                                | POINTS |
|--|--------------------------------------|--------|
|  | 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

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

### CHALLENGES

|  | MONTHLY  | POINTS |
|--|--|--------|
|  | 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

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

### GENERAL

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

## 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](mailto:support@virginpulse.com)

Check out [support.virginpulse.com](http://support.virginpulse.com)

## CONTACT US

Find answers on our [Support Page](#)

Or, call us at 888-671-9395