

# Get ready to jump start your health – it's your time to thrive!

Welcome to your new wellness portal from Virgin Pulse®! You'll find lots of exciting tools to help you get active, get healthy, and get rewarded!



## Your portal is fun and easy to use, and lets you:

- Set your goals and interests
- Register and connect your activity tracking device (for example, a Fitbit®) or app, to help you get points and rewards faster
- Track healthy activities, like moving more and drinking more water
- Check in by taking health measurements like weight and blood pressure
- Join healthy challenges with others
- Get quarterly rewards for all of your healthy activities

*Check it out today and get moving!*

## Access your wellness portal in three simple steps:

- 1 Log in to **bcbsri.com** to go to your member page.
- 2 Click on "Wellness Portal with Health Assessment" under "Health and Wellness".
- 3 Click "Get Started" to go to the site.



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