

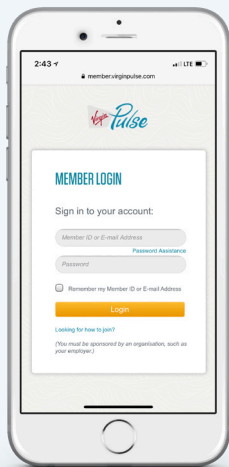
# Earn up to **\$200** in rewards - and make fitness fun

Your wellness program from Blue Cross & Blue Shield of Rhode Island is powered by the fun Virgin Pulse® app. It's easy to use—and rewarding.

- Set your own goals
- Track healthy activities
- Challenge your friends



Earn up to **\$200** in rewards from Amazon.com®, Nike®, CVS Pharmacy®, and many others\*



## Sign up

Access your wellness program in 3 simple steps

- 1 Sign up** – Go to [join.VirginPulse.com](http://join.VirginPulse.com) or download the app\*\* to get started.
- 2 Choose** Blue Cross & Blue Shield of Rhode Island as your sponsor.
- 3 Connect** your Fitbit® or other wearable device to track and sync steps with the app.



## Start tracking

- Track activities, from steps to full workouts to spending time with pets
- Use daily to-do cards
- Check in with weight and blood pressure
- Join well-being challenges with others



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\*Complete healthy activities like seeing your doctor for an annual wellness visit and completing an online health assessment, (if applicable) and earn up to \$200 in rewards (up to \$50 each quarter) from various retailers redeemable online or through the Virgin Pulse mobile app!

\*\*Standard mobile phone carrier and data usage charges apply. The downloading and use of the Virgin Pulse mobile app is subject to the terms and conditions of the app and the online stores from which it is downloaded.

Your participation in our wellness programs is voluntary. We reserve the right to end wellness programs at any time. Rewards may be taxable income.



## How much can you earn?

You could earn \$50 each quarter - as much as \$200 a year - for activities you might already be doing. For example, if you see your doctor for your annual well visit, that's 5,000 points - and that equals \$15. The numbers could add up pretty quickly.

### Employee earnings

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
QUARTERLY PAYOUT	\$5	\$15	\$25	\$50
QUARTERLY POINTS	500	5,000	10,000	15,000 +

Up to **\$200** /Annually



## Earn points for healthy activities

Activity	Points
Annual well-visit	5,000/annually
Online health assessment	1,500/annually
Steps	10/1,000 steps
Healthy habits	30/day
Informational cards	40/day
Connect activity tracker	200 (one time)
30 active minutes/day	100/day
45 active minutes/day	140/day

See a full list of activities and point values after logging in to [VirginPulse.com](http://VirginPulse.com). Available activities and point values subject to change.



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Virgin Pulse® is an independent wellness company, contracted by Blue Cross & Blue Shield of Rhode Island to provide wellness services.

Blue Cross & Blue Shield of Rhode Island is an independent licensee of the Blue Cross and Blue Shield Association.

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