



Something this fun  
can't possibly  
be good for you.

**Oh, but it is!**

Get the tools and know-how to take charge of what makes you happy and well. It's your time to thrive! Join now on your mobile device or desktop at [join.virginpulse.com](https://join.virginpulse.com), and then choose Blue Cross & Blue Shield of Rhode Island as your sponsor.

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



# Up for a little healthy competition?



Grab your activity tracker, join a team, and join the fun! The first team challenge starts soon. Don't miss out, join now on your mobile device or desktop at [join.virginpulse.com](https://join.virginpulse.com), and then choose Blue Cross & Blue Shield of Rhode Island as your sponsor.

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# Tools to thrive by



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