



# START A CHALLENGE!

**IT'S WHAT  
WE LIVE FOR™**

 **Blue Cross  
Blue Shield**  
of Rhode Island

**The holidays are over, and it's time to start eating right! Start with a healthy habit: "Did you check how many servings are in your food today?"**

**Start an "Over Served" challenge!\***



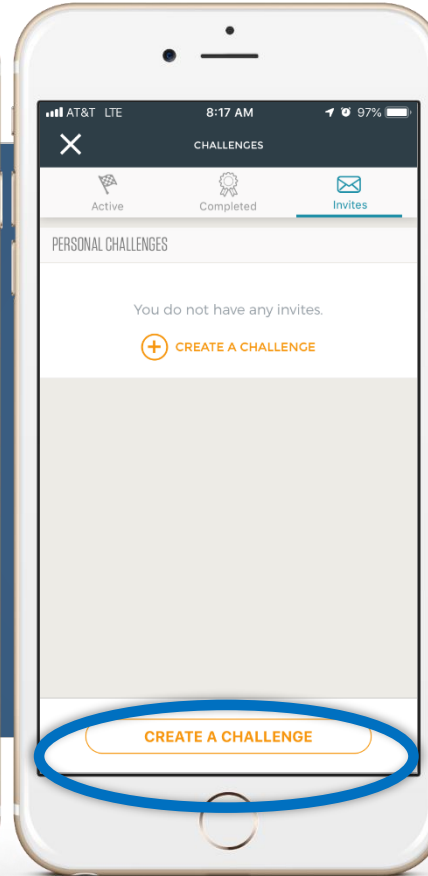
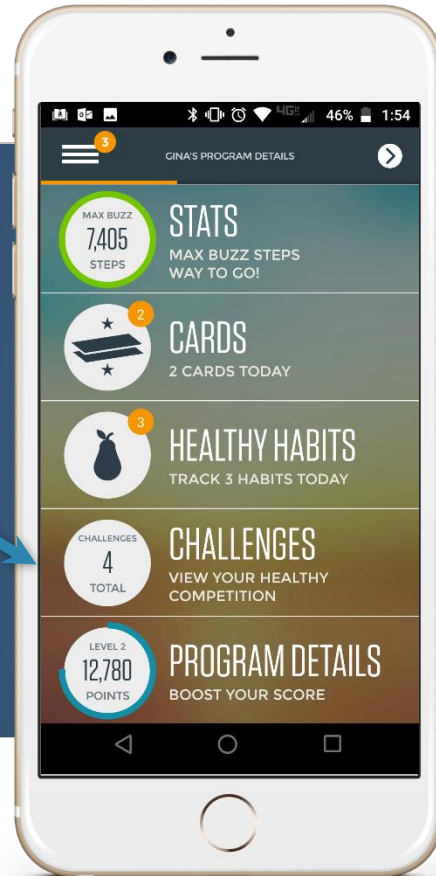
**Over Served**

Follow these simple steps to see how!

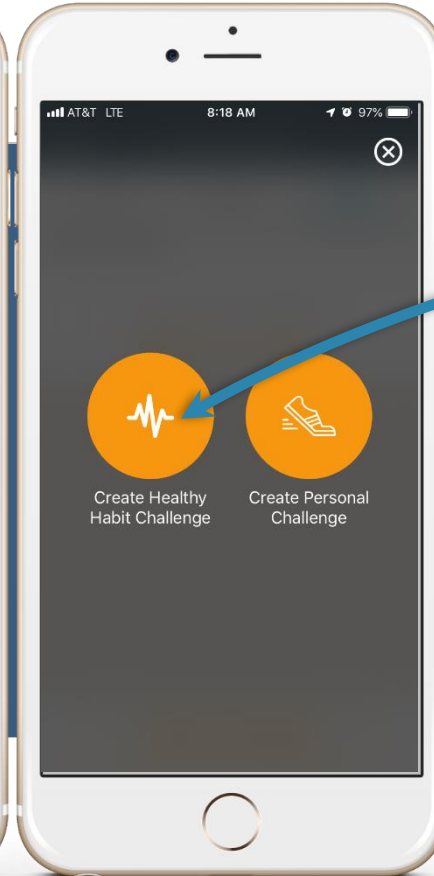
\*This program is available to Blue Cross & Blue Shield of Rhode Island members only.

# Start an "Over Served" Challenge

Tap **Challenges**

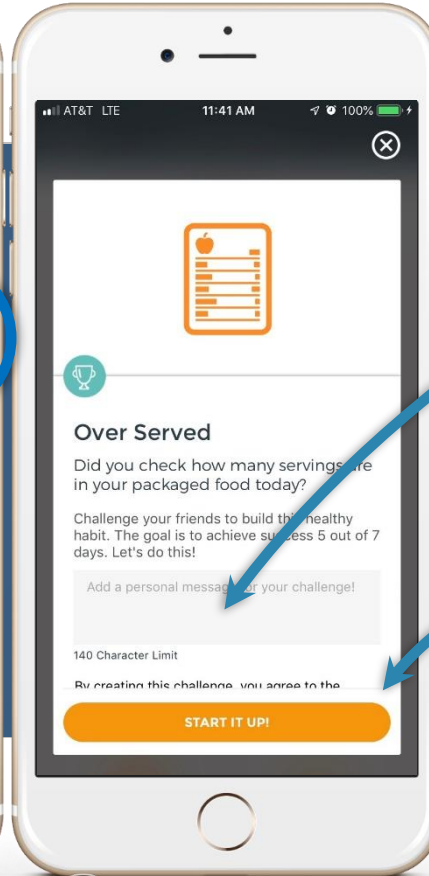
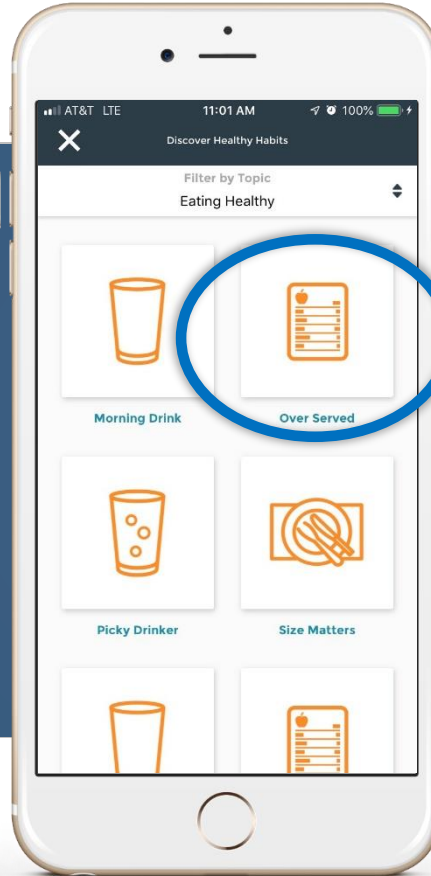
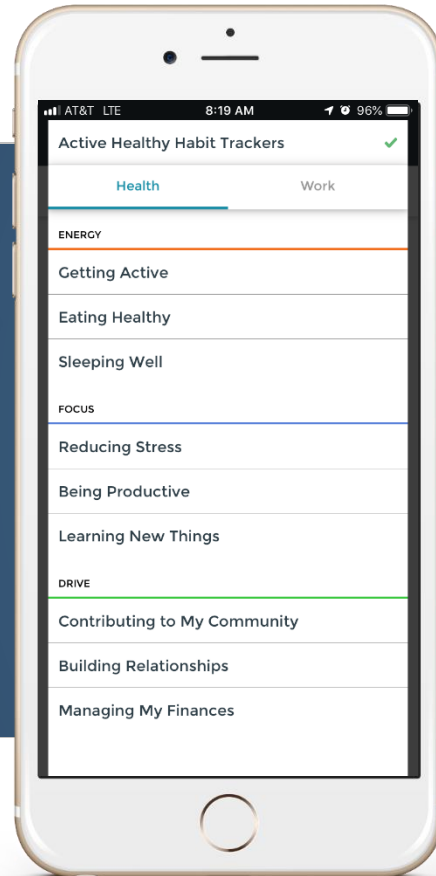


Then tap **Create Healthy Habit Challenge**



# “Over Served” Challenge

Tap Eating Healthy

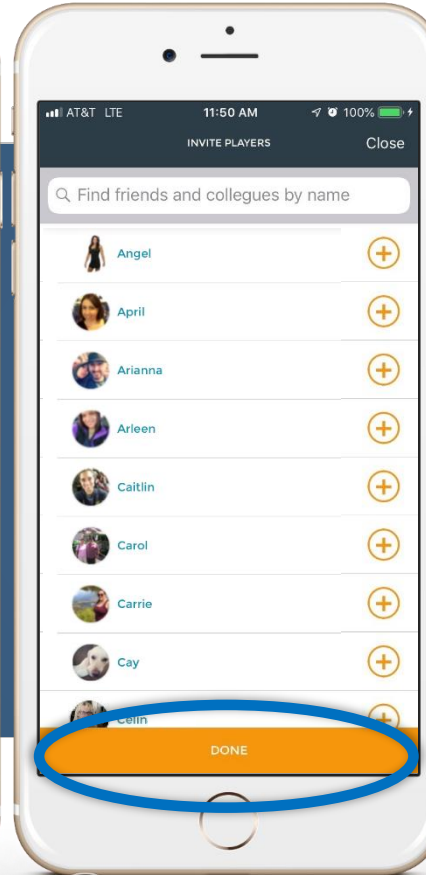
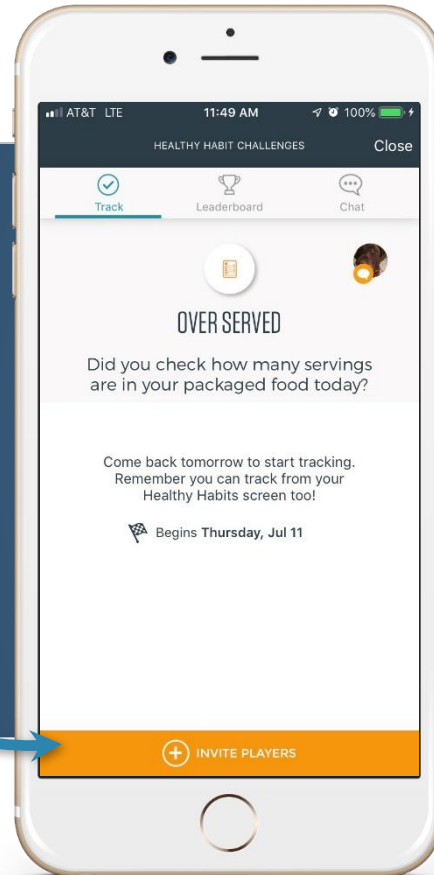


Customize your Challenge with a personal message!

Tap Start It Up!

# Invite friends to your Challenge

Tap **Invite Players** to invite your friends to your challenge.

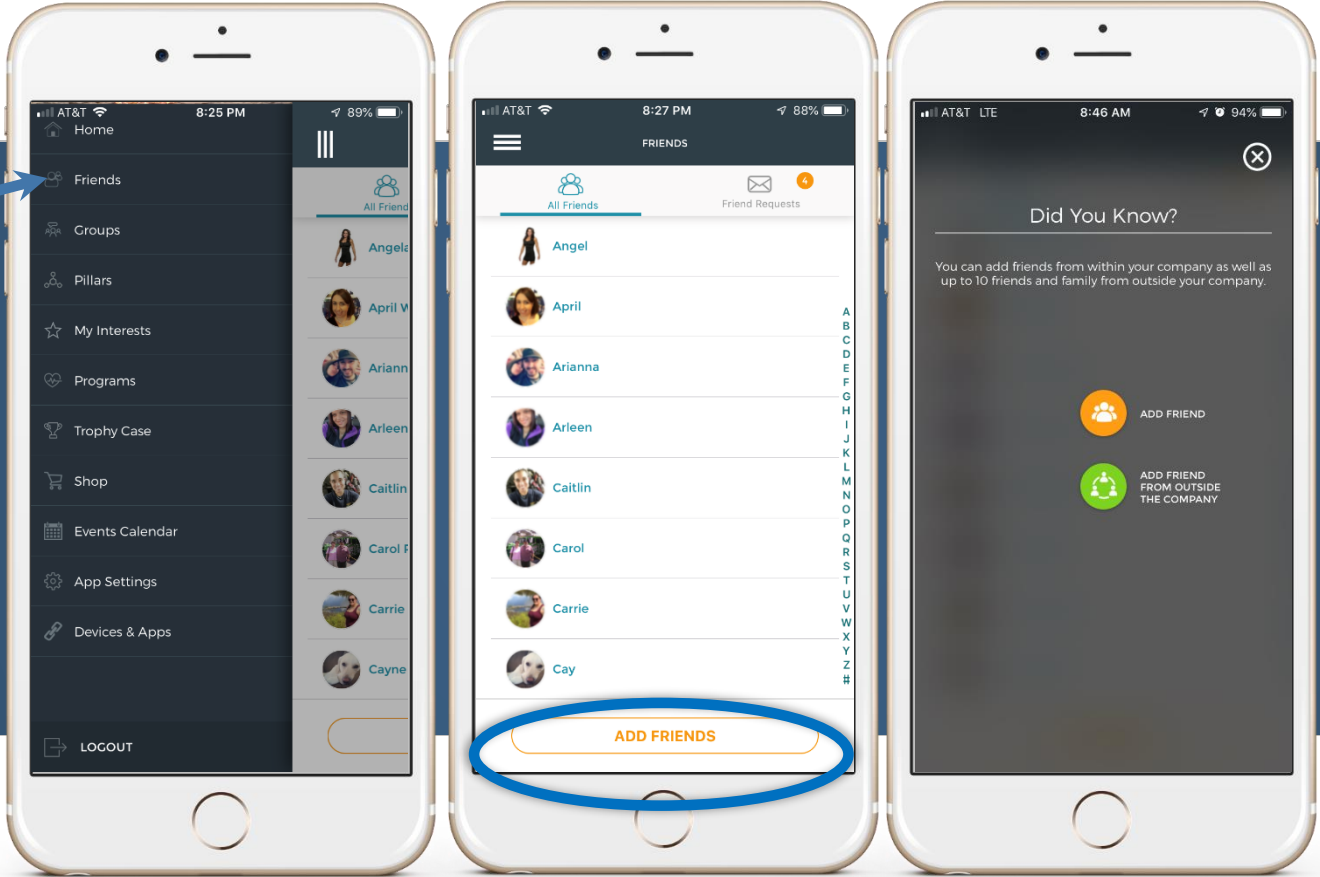


Be sure to track your challenge!

Want to add more friends to Virgin Pulse? Just see how easy it is on the next slide.

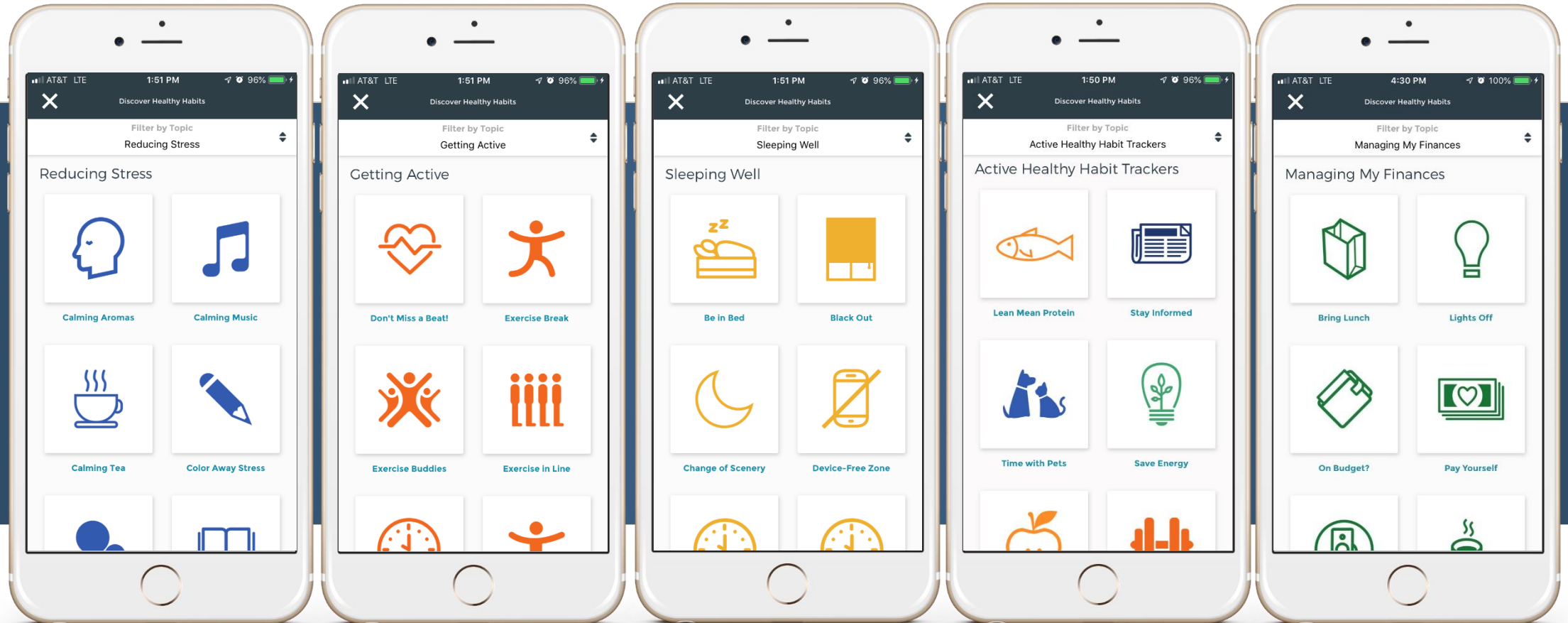
# Invite friends

Tap Friends



Bring friends and family into the program! Earn points when you add them, and then create groups around common interests, like biking, cooking, or walking.

# Explore – there are so many topics to choose from!





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