



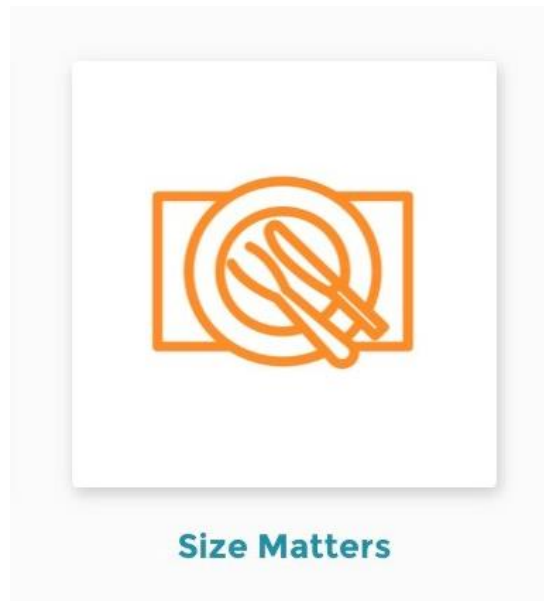
# START A CHALLENGE!

IT'S WHAT  
WE LIVE FOR™

 Blue Cross  
Blue Shield  
of Rhode Island

**The holidays are approaching! Start with a healthy habit: “Did you use a smaller plate to help limit portions?”**

**Start a “Size Matters” challenge!\***

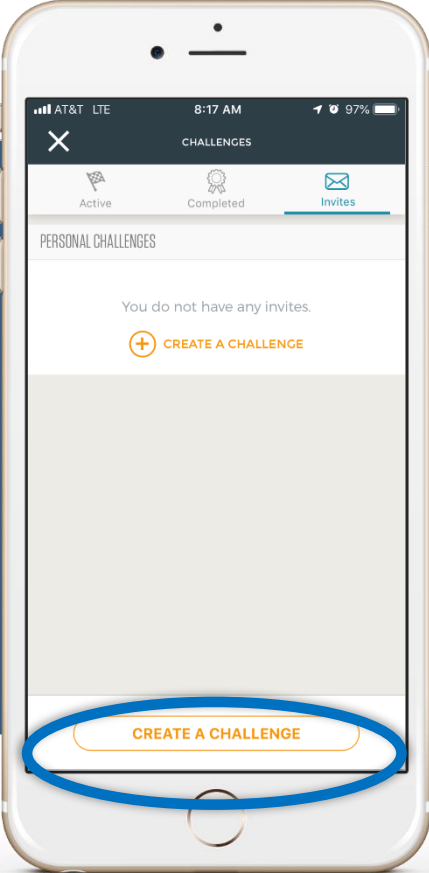
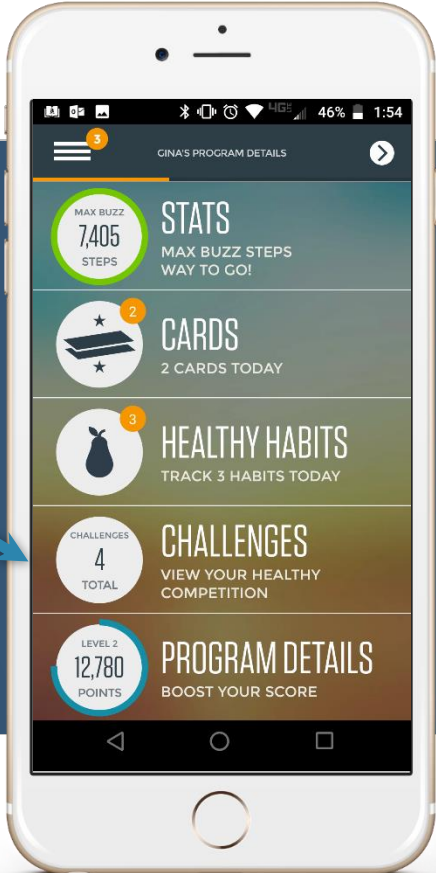


Follow these simple steps to see how!

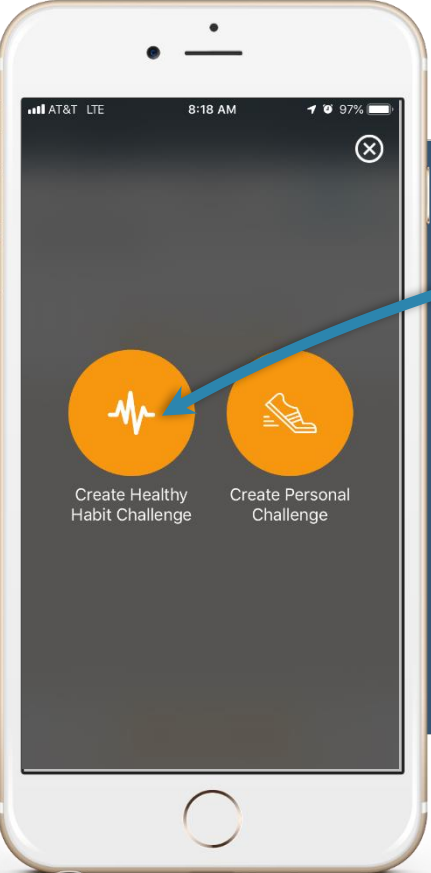
\*This program is available to Blue Cross & Blue Shield of Rhode Island members only.

# Start a “Size Matters” Challenge

Tap **Challenges**

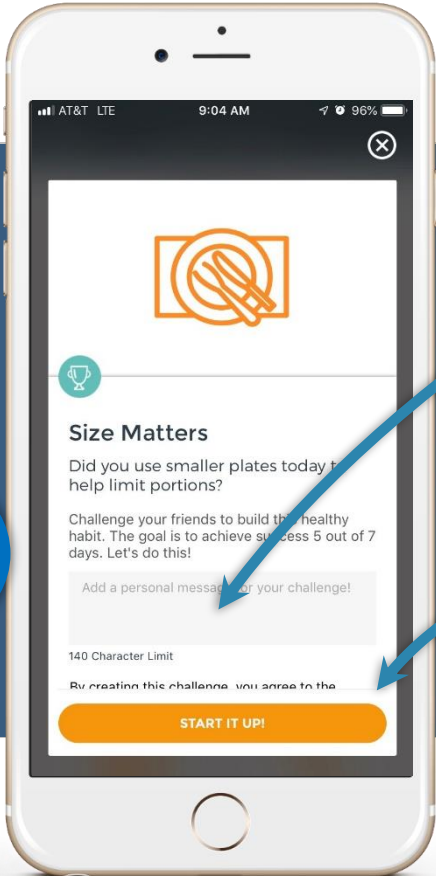
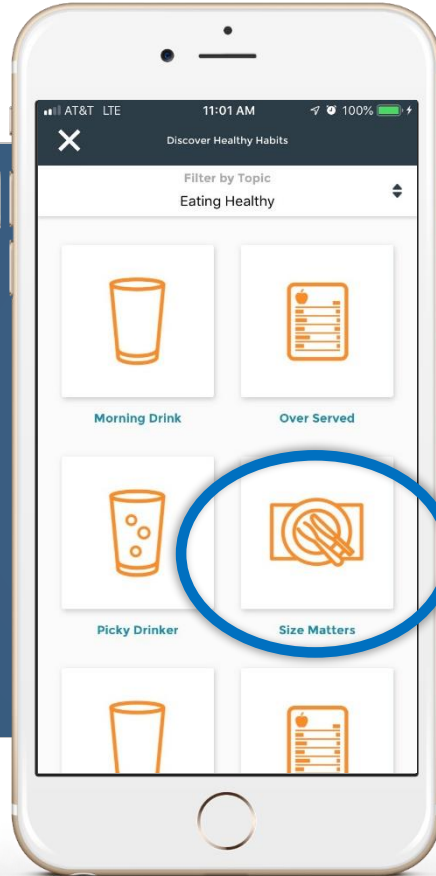
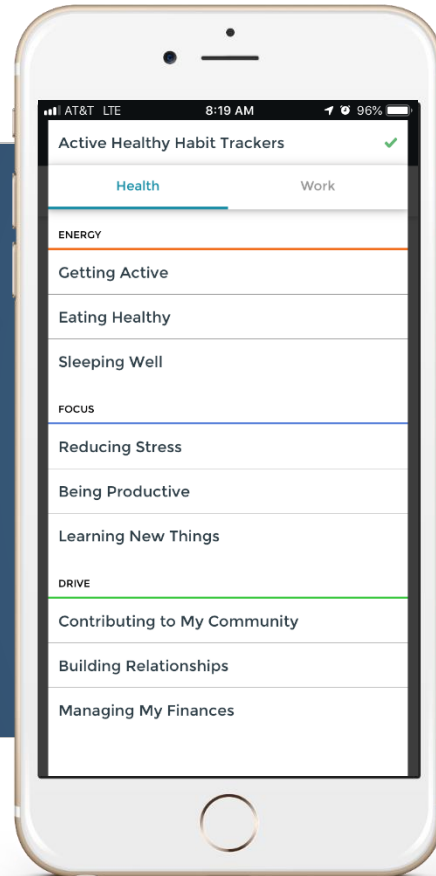


Then tap **Create Heathy Habit Challenge**



# “Size Matters” Challenge

Tap Eating Healthy

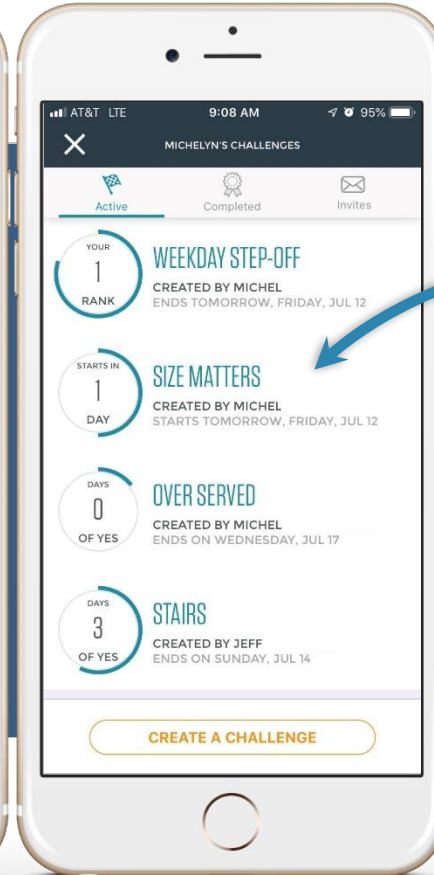
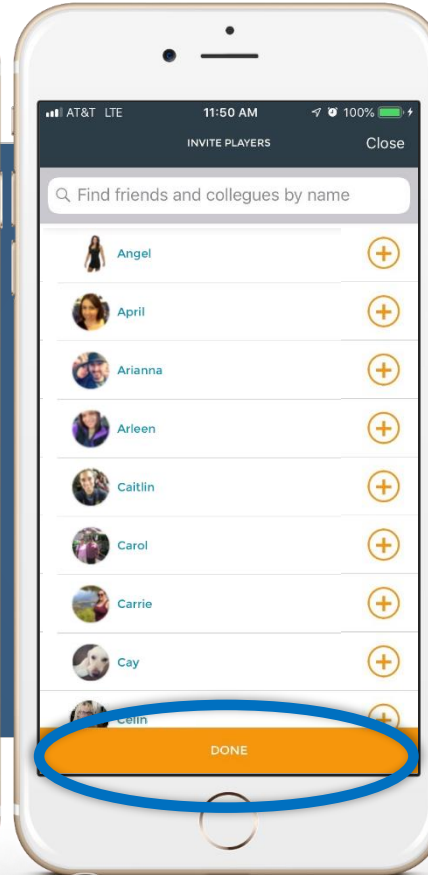
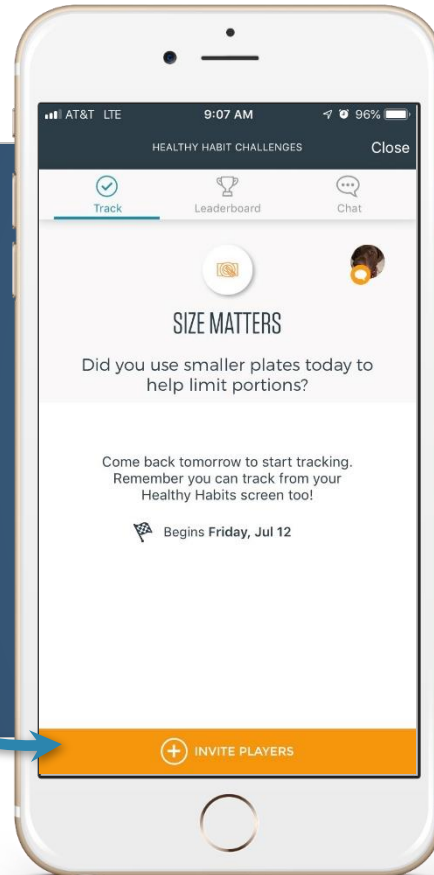


Customize your Challenge with a personal message!

Tap Start It Up!

# Invite friends to your Challenge

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

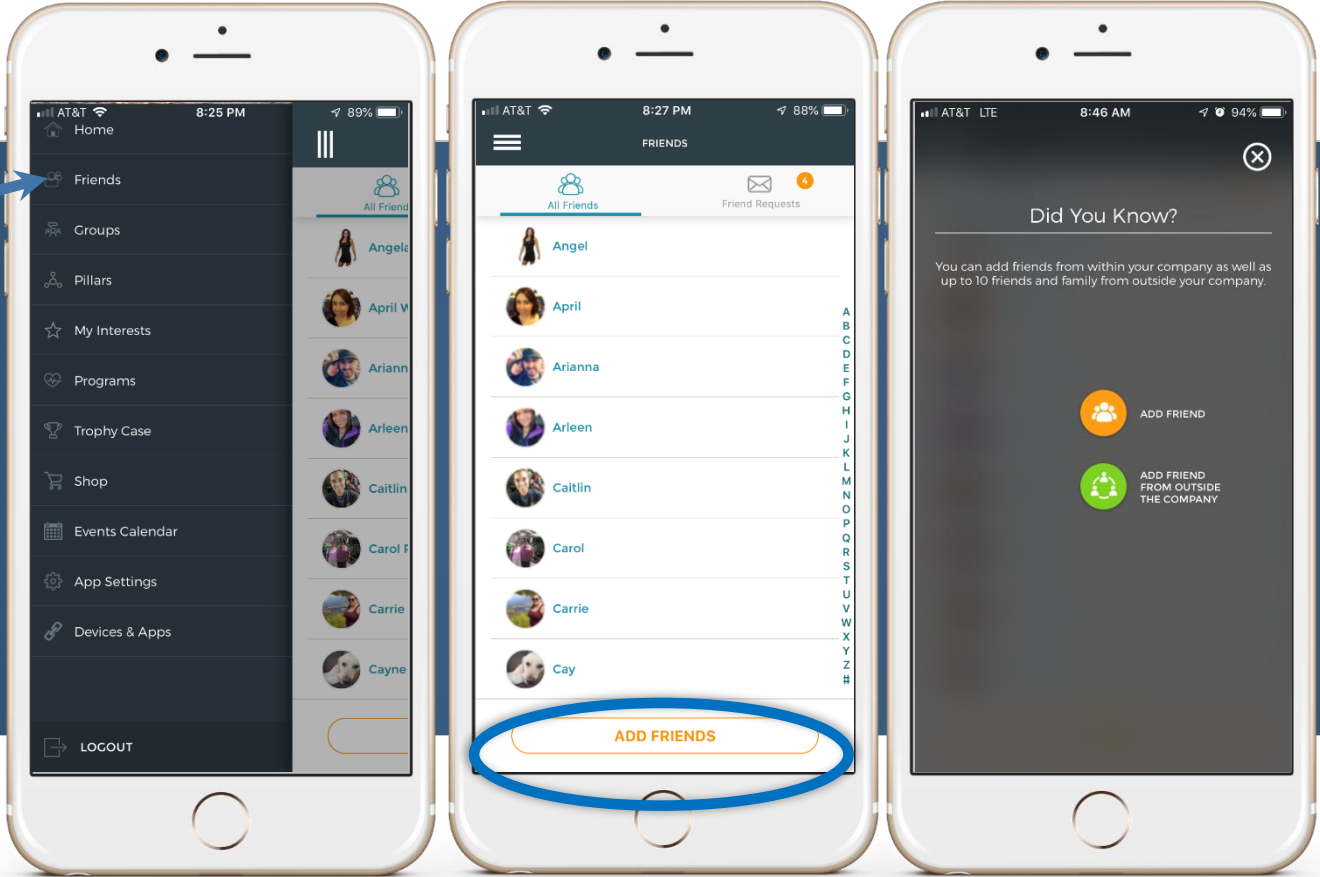


Be sure to track your challenge!

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

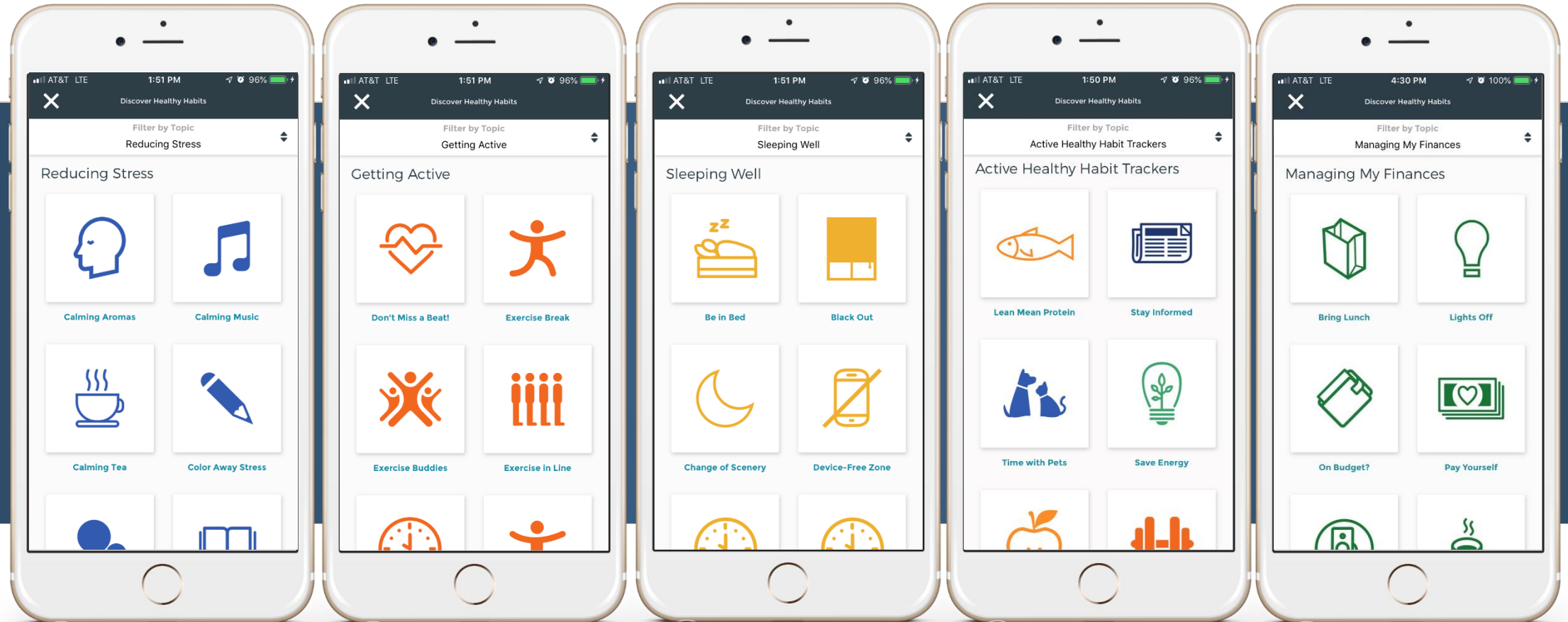
# Invite friends

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!





500 Exchange Street • Providence, RI 02903-2699

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.