



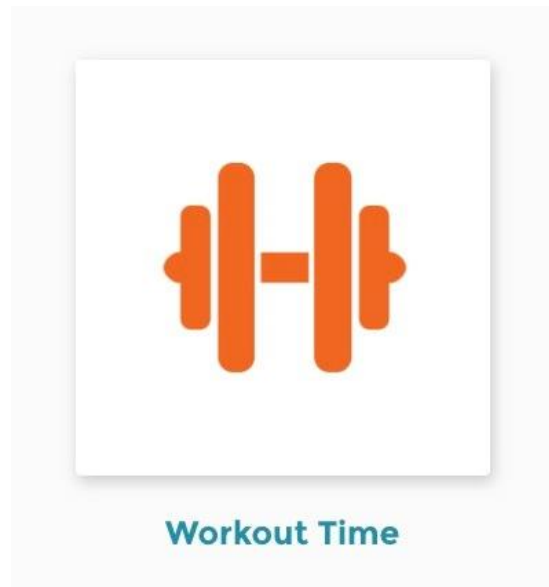
START A CHALLENGE!

IT'S WHAT
WE LIVE FOR™

 Blue Cross
Blue Shield
of Rhode Island

Sometimes just finding the time helps. Start a healthy habit challenge with this helpful daily reminder: “Did you schedule time for your workout today?”

Start a “Workout Time” challenge!*

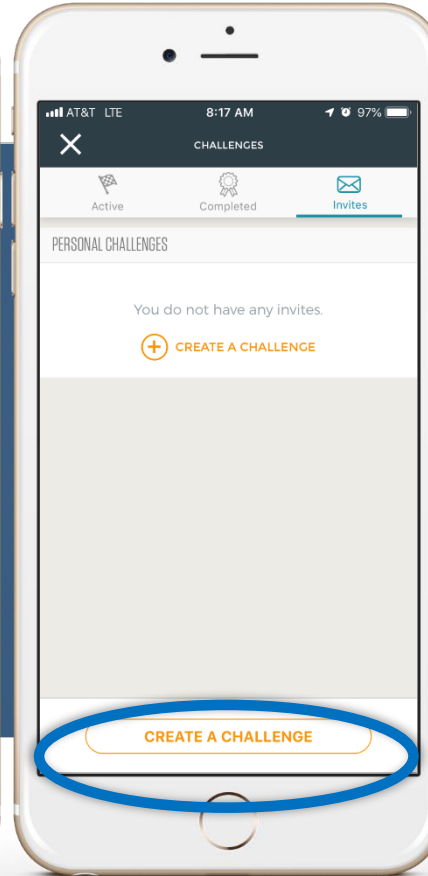
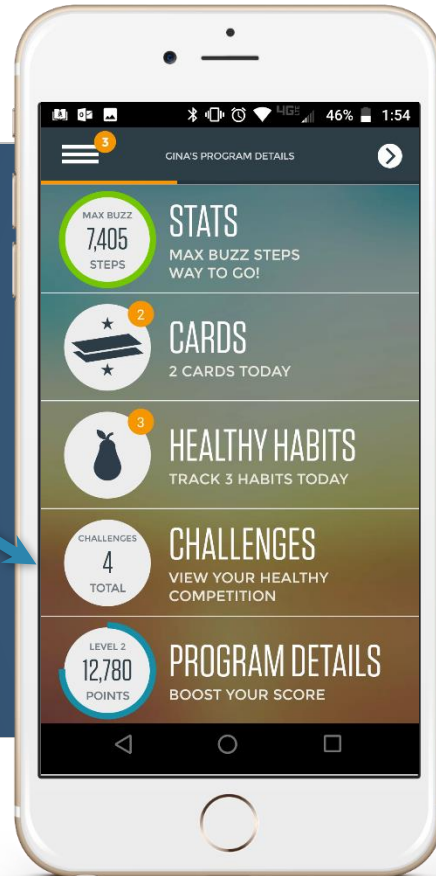


Follow these simple steps to see how!

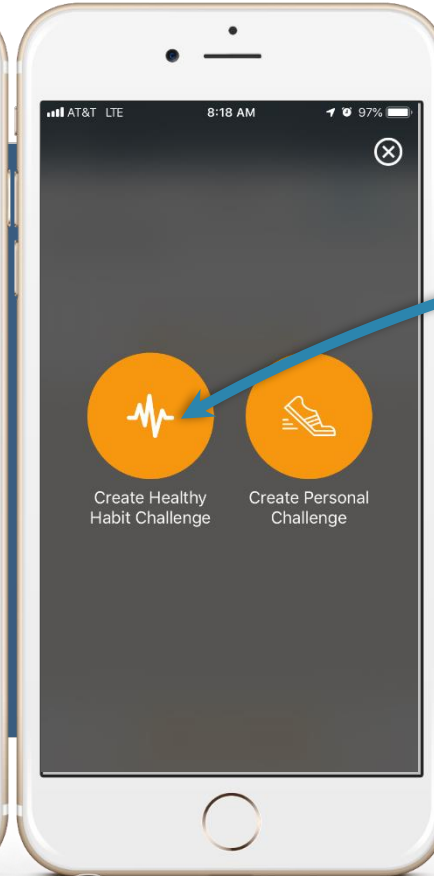
*This program is available to Blue Cross & Blue Shield of Rhode Island members only.

Start a “Workout Time” Challenge

Tap **Challenges**

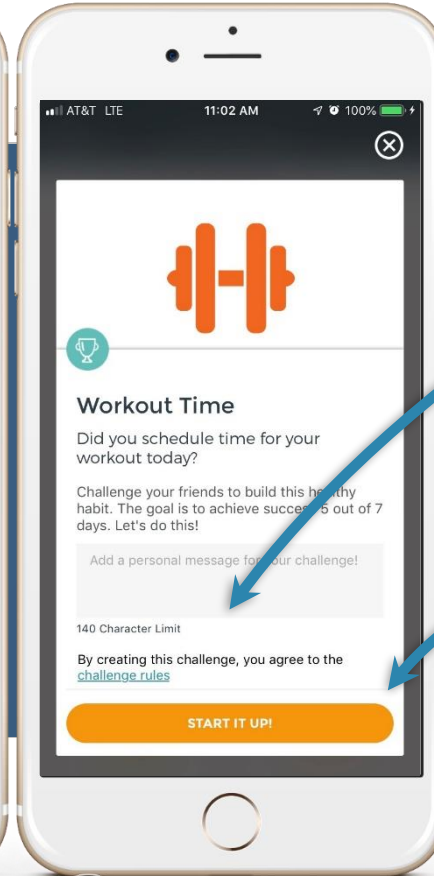
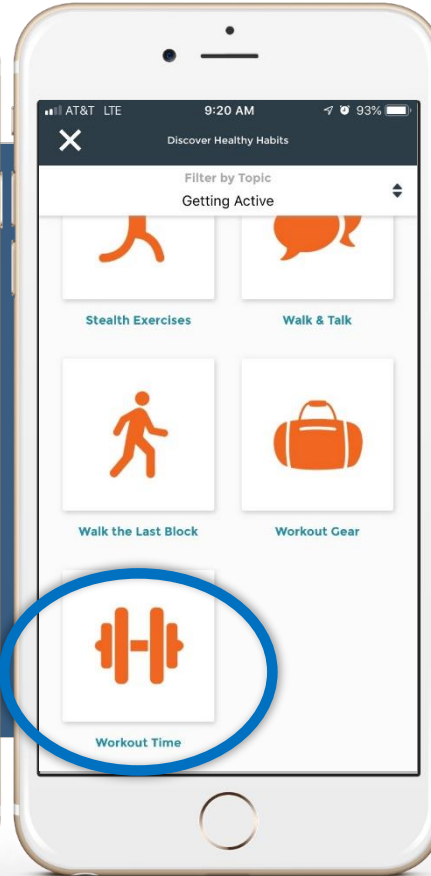
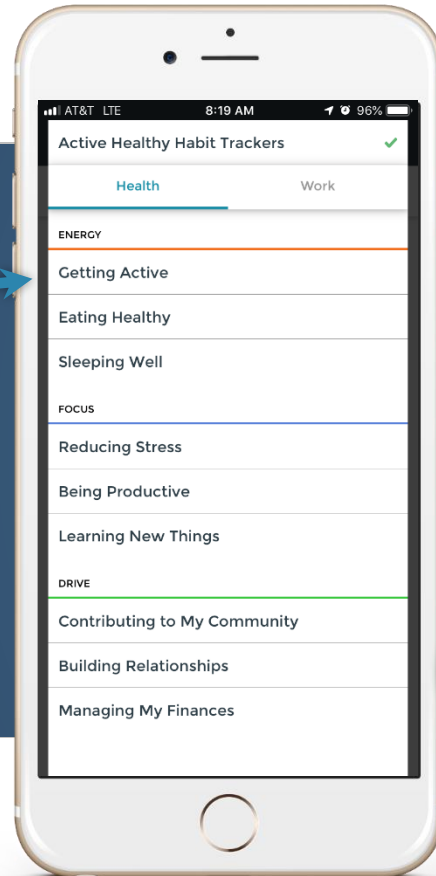


Then tap **Create Healthy Habit Challenge**



“Workout Time” Challenge

Tap **Getting Active**

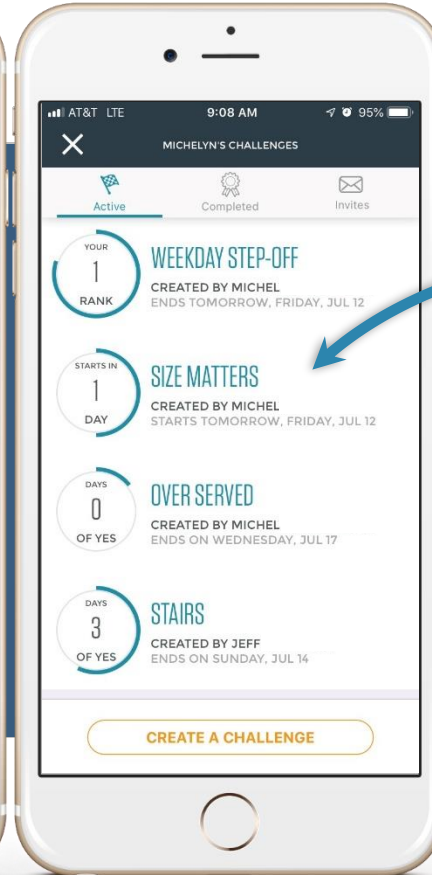
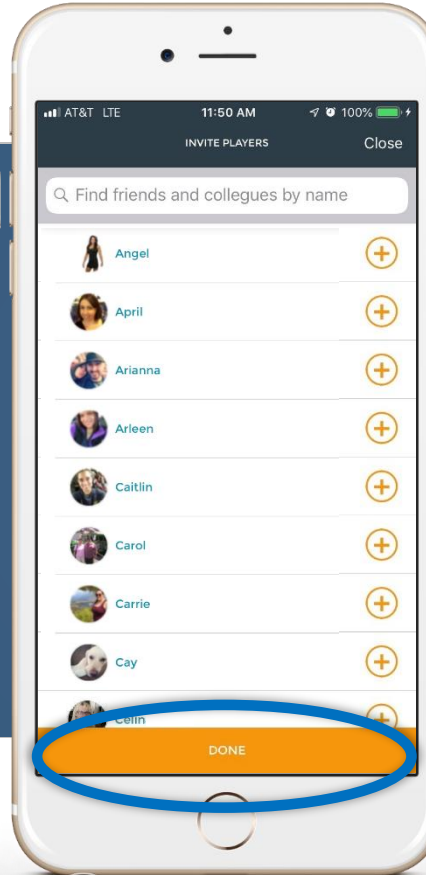
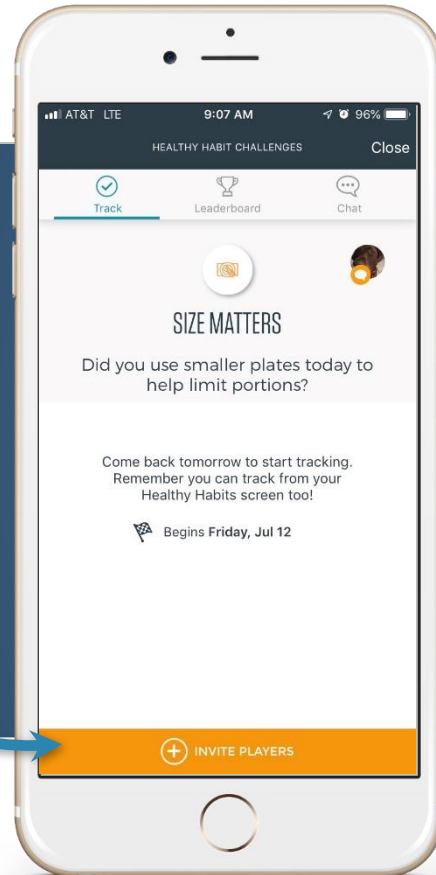


Customize your Challenge with a personal message!

Tap **Start It Up!**

Invite friends to your Challenge

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

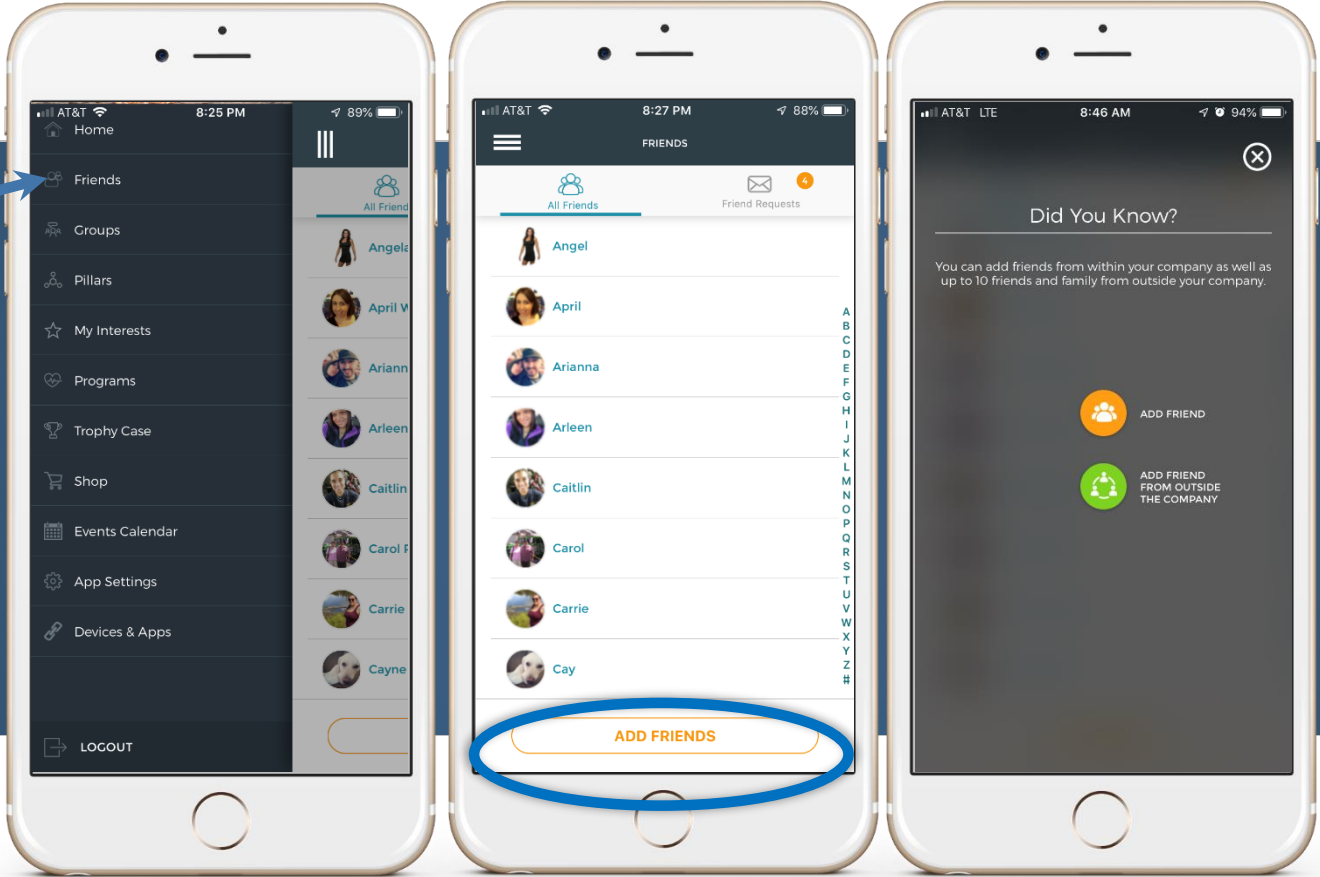


Be sure to track your challenge!

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

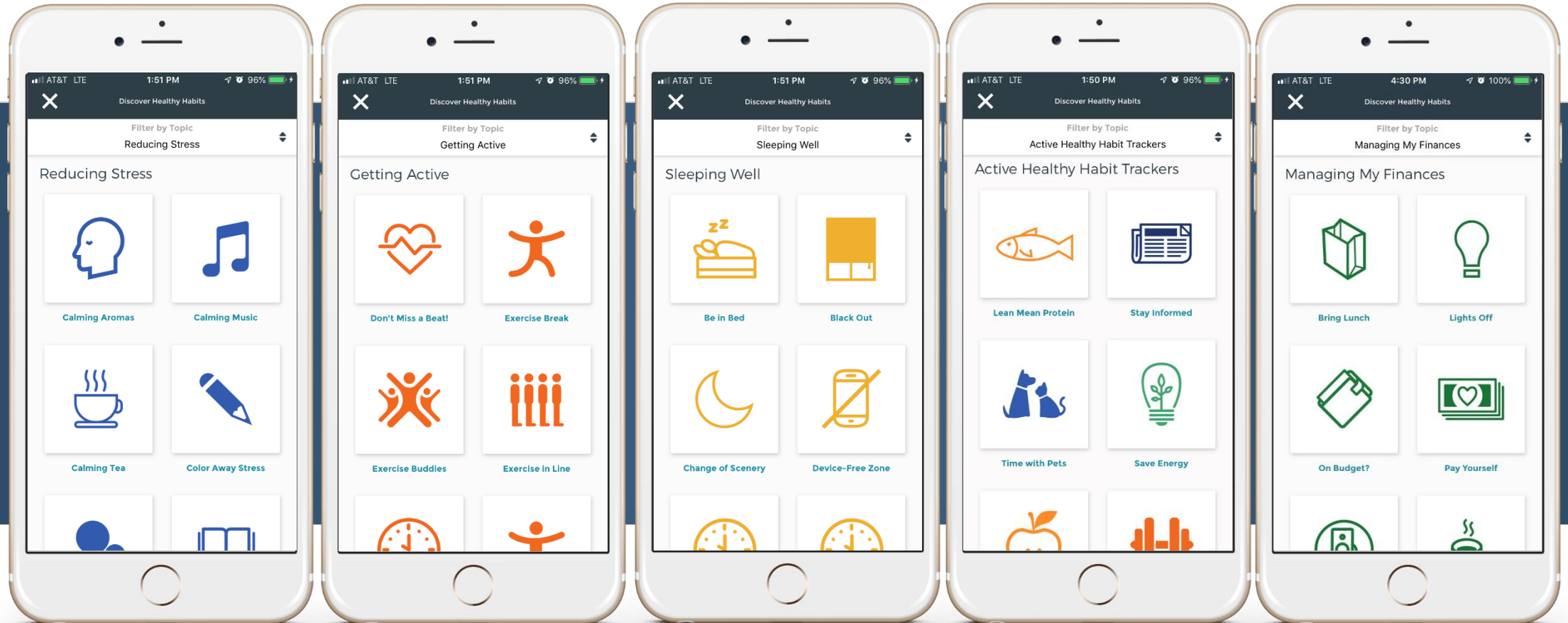
Invite friends

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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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.