

Virgin Pulse



Download
the **FREE** iOS
or Android
app today!

PUT THE POWER OF VIRGIN PULSE IN THE PALM OF YOUR HAND.

Virgin Pulse Mobile



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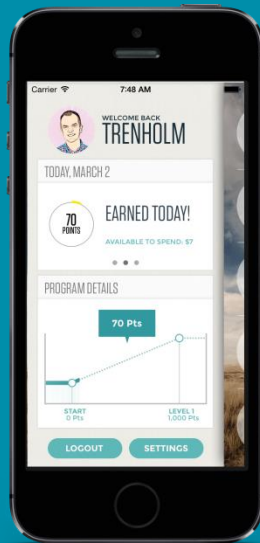
Virgin Pulse mobile puts the best features of the Virgin Pulse wellness program in the palm of your hand! Access your account anywhere, anytime and keep track your progress, your rewards and more. Plus, the first time you log in you'll earn bonus points!

Make sure to turn on your mobile alerts so you don't miss out on earning opportunities. Living better every day just got a whole lot easier.

Use the FREE Virgin Pulse mobile app to:

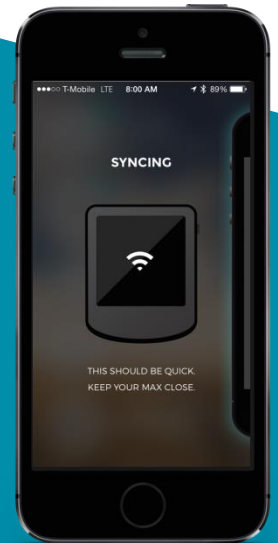
Track Your Progress

- Daily activity
- Healthy habits
- Upcoming milestones
- Rewards



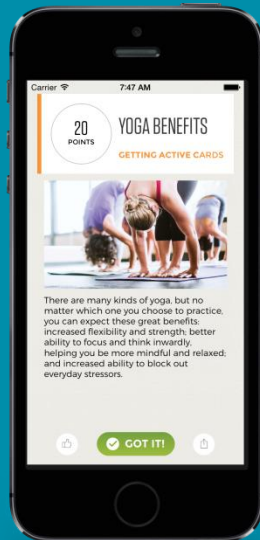
Sync Your Steps

- Automatically sync your Max™ activity tracker with your phone and earn rewards for your activity.
- No Max? Use the app to track your steps and get rewarded right from your Android phone 4.4 or higher or iPhone 5S or higher!
- Simply turn on motion activity when prompted (or under the Virgin Pulse app settings) and the steps will display in the app and on the member website.



Cards

- Read, complete, like, and share your daily to-do cards to explore new ways to get healthier – and earn rewards!



Challenges

- Check your progress in a featured challenge (with team and individual leaderboards).



Not a member yet? Sign up now by logging into join.virginpulse.com and select **Blue Cross & Blue Shield of Rhode Island** as your sponsor.

Download the latest Virgin Pulse app on Google Play and the iTunes App store.