

## Virgin Pulse Enrollment instructions (Web)

Go to [www.virginpulse.com](http://www.virginpulse.com) to get started.  
 Hover your mouse over “Member Login” and click on “Virgin Pulse”.

### Existing Users:

Enter your e-mail address and password, and click “Login”. If you forgot your password, click on the forgot password link.

### First Time Users:

1. Click on “Looking for how to join”
2. Type in your Sponsor and click “Search”.  
**Blue Cross & Blue Shield of Rhode Island** is your sponsor.
3. Scroll down to check off the Data Consent, privacy Policy, and Membership Agreement, and click “Continue”.
4. Complete Account Setup and Member Information sections.

### If Virgin Pulse asks for your employee ID number:

BCBSRI members – your employee ID number is your 9 digit BCBSRI member ID (i.e. 123456789). Spouses who have BCBSRI coverage should put your 9 digit BCBSRI member ID, and add an “s” to the end (i.e. 123456789s)

## Virgin Pulse Enrollment instructions (APP)

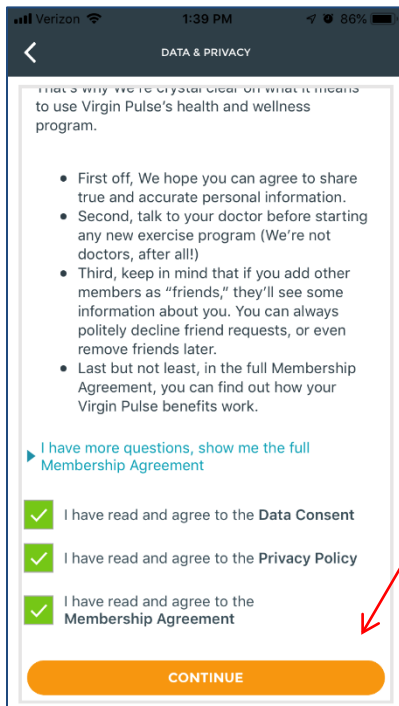
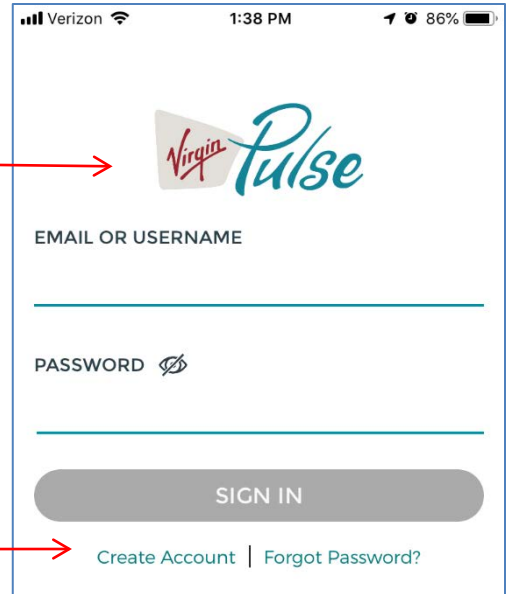
Go to the “**app store**” (iPhone) or “**Play Store**” (Android phone, i.e. Samsung, LG, etc), and search for “Virgin Pulse”. Download the app with the Virgin Pulse logo.

### Existing Users:

Once installed, enter your e-mail address and password, and click “**Login**”. If you forgot your password, click on the forgot password link.

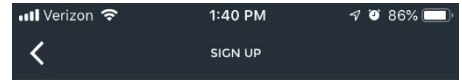
### First Time Users:

1. Click on “**Create Account**”
2. **Blue Cross & Blue Shield of Rhode Island** is your sponsor. Start typing and the smart search will automatically bring Blue Cross & Blue Shield of Rhode Island to the top.



3. Scroll down to check off the Data Consent, privacy Policy, and Membership Agreement, and click “**Continue**”.

## Virgin Pulse Enrollment instructions (APP)



Nice! Let's create your account.

First Name

Last Name

Email

Date of Birth

Sex

Timezone

Create Password

Passwords must have:  
8 or more characters, upper and lower case letters (Aa), at least 1 number (123), and at least 1 symbol (\$@!\*)

Confirm Password

CREATE ACCOUNT

### Completing the registration form:

- Your email can be a work or personal email. This will serve as your username on Virgin Pulse, as well as your recovery email for password resets, so make sure you have access to this address!
- Your password must be at least 8 characters, and have at least one upper case letter, one lower case letter, one number, and one special character.

### If Virgin Pulse asks for your employee ID number:

BCBSRI members – your employee ID number is your 9 digit BCBSRI member ID (i.e. 123456789). Spouses who have BCBSRI coverage should put your 9 digit BCBSRI member ID, and add an “s” to the end (i.e. 123456789s)