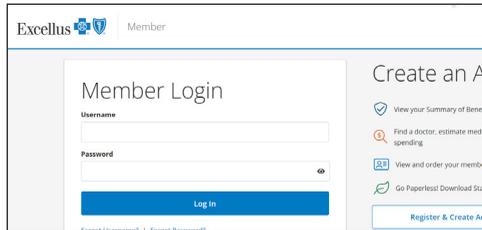


# 5 easy steps to get started with ThriveWell<sup>SM</sup>

Our new digital wellbeing program, powered by Virgin Pulse, will give you the tools and support you need to make small, everyday changes to your wellbeing that are focused on the areas you want to improve the most. To get started follow these five easy steps:

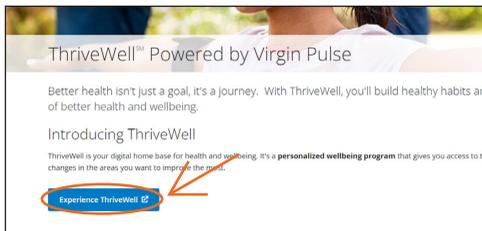
**1** Register or log in to your account at [ExcellusBCBS.com/login](https://ExcellusBCBS.com/login).



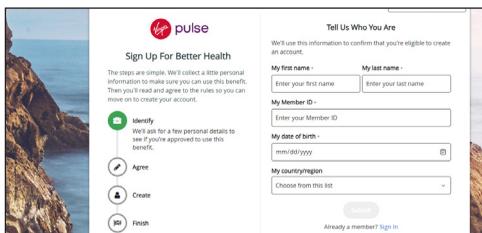
**2** From the main menu, click on the **Health and Wellness** tab, and then on **ThriveWell**.



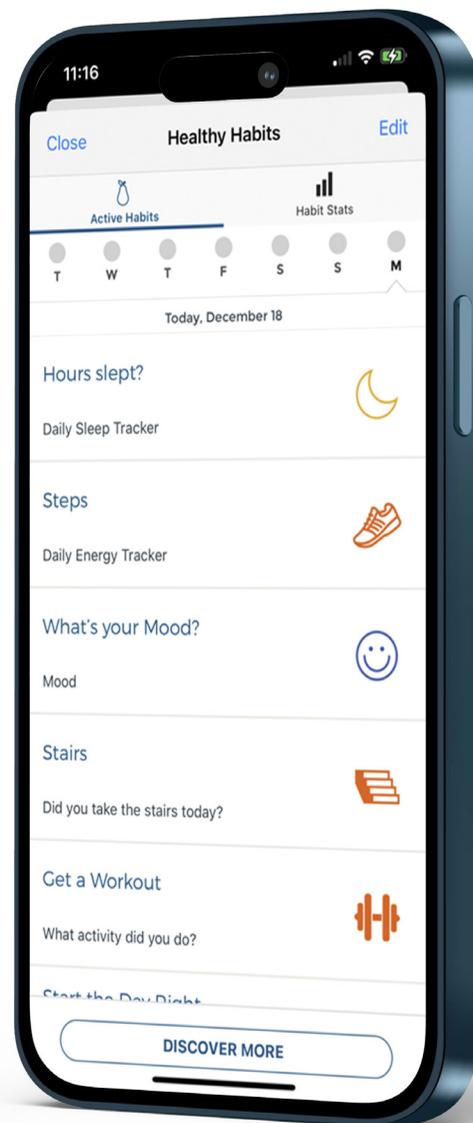
**3** From this page click on, **“Experience ThriveWell”**.



**4** Once on the Virgin Pulse landing page, **complete the registration process**.



**5** **Congrats!** You have now created your account and can start setting up your profile, connecting a fitness tracker, and setting your interests.



**Don't forget to download** the Virgin Pulse mobile app for iOS or Android to access your account and track your activity anywhere, anytime.



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注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-659-1986 (TTY: 711)。

