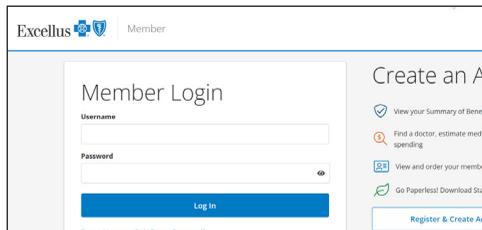


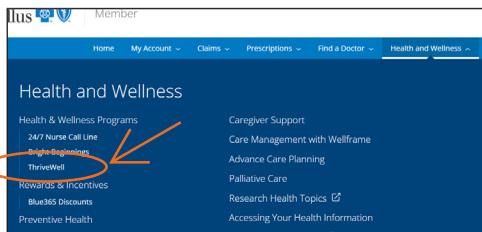
5 easy steps to get started with ThriveWellSM

Our new digital wellbeing program, in partnership with 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:

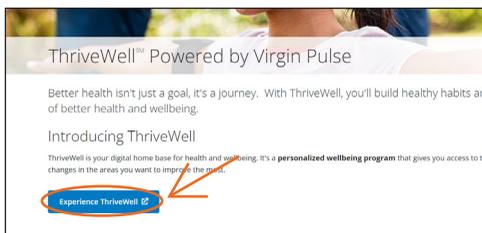
- 1** Register or log in to your account at ExcellusBCBS.com/login.



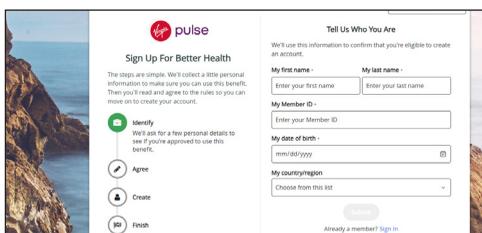
- 2** From the main menu, click on the **Health and Wellness** tab, and then on **ThriveWell**.



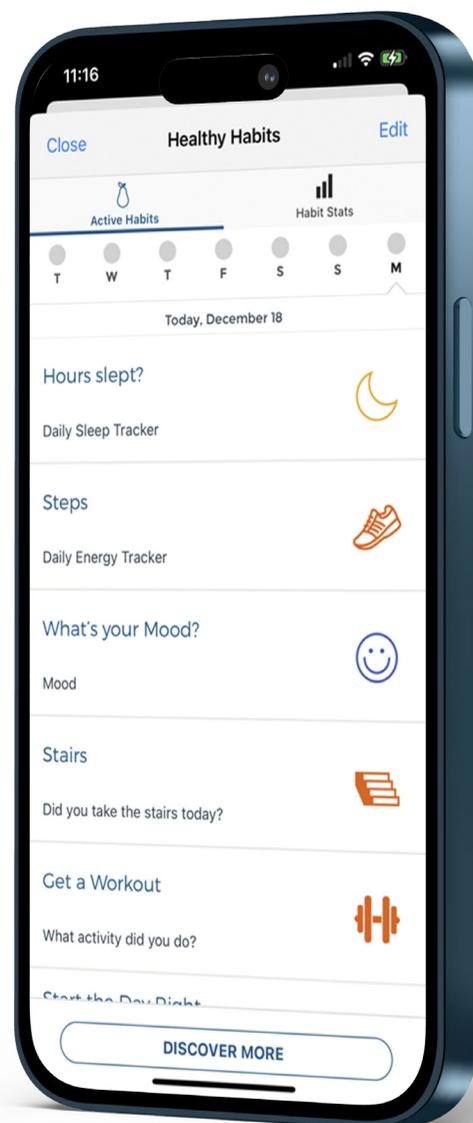
- 3** From this page click on, **“Experience ThriveWell”**.



- 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.



Copyright © 2024, All rights reserved.

Virgin Pulse is a separate company and offers a digital wellbeing service on behalf of Excellus BlueCross BlueShield, a nonprofit independent licensee of the Blue Cross Blue Shield Association.

Our Health Plan complies with federal civil rights laws. We do not discriminate on the basis of race, color, origin, age, disability, or sex. Atención: Si habla español, contamos con ayuda gratuita de idiomas disponible para usted. Consulte el documento adjunto para ver las formas en que puede comunicarse con nosotros.

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)。

