

# SIGNING UP IS EASY



**Step 1** Visit [join.virginpulse.com/SOV](https://join.virginpulse.com/SOV) or download the app and select **Create Account**.

**Download the app:**



Follow the progress bar as you complete these easy steps:

 Identity

 Agree

 Create

 Finish

**Tell us who you are.** We'll ask for a few details about you and your Blue Cross and Blue Shield of Vermont Member ID to check your eligibility. Enter your last name exactly as it appears on your ID card. Include suffix, commas or periods, if applicable. Your member number is the last 13 characters of your ID, plus your 2-digit member number. Some of the fields may already be filled.

**Legal and privacy.** Review and agree to the rules, data collection and privacy policy!

**Create your account.** Add your email, make a password and give us some additional details to customize your experience.

**You're all set.** Your account is ready. Click **Take Me There** to sign in.

**Step 2** **Connect a device or app** to get credit for your wellbeing activities like steps, nutrition and sleep. We sync with many trackers, such as Apple Watch, Fitbit and MyFitnessPal, just to name a few.

**Step 3** **Upload a profile picture.**

**Step 4** **Set your interests** to get personalized daily tips to help you eat healthy, get active, reduce stress, sleep well and more!

**Step 5** **Download the Virgin Pulse mobile app** for iOS or Android. Access your account and track your activity anywhere, anytime. Turn on your notifications to stay motivated and get friendly reminders.



**If you plan on getting insurance through the State,** please wait to register until your insurance cards arrive. Please contact the LiveWell Team with questions regarding registration, via phone 802-828-7308 or email at [thr.livewellvermont@vermont.gov](mailto:thr.livewellvermont@vermont.gov).

**If you are an active employee but do not carry health insurance through the State of Vermont as your employer,** your member number will be your employee ID number plus SOVA (Example: 12345SOVA).

**If you are a State of Vermont Retiree, but do not carry health insurance through the State of Vermont as your past employer,** your member number is your person ID number plus SOVR (Example: 987456SOVR). Your person ID can be found on your pension statement or by contacting Retirement by phone at 802-828-2305 or by email at [RetirementDivision@vermont.gov](mailto:RetirementDivision@vermont.gov).