

THE CHALLENGE IS ON. SIGN UP TODAY!

Your total well-being involves every aspect of your health—mind, body, and social. Join your co-workers and take on this step challenge like a champ. Register for the upcoming challenge, download the Virgin Pulse®** app, and sync your activity tracker to get started.



JOIN THE ECO-FRIENDLY CITIES AROUND THE WORLD STEPS CHALLENGE

Caring for our planet used to mean recycling and carpooling. Now, countries all over the world have some surprising sustainable practices. On this adventure, you'll see them up close. Shark sanctuaries in Micronesia, vertical gardens in an alpine city in France, and even an entire city heated by underground springs.

Registration opens: May 1, 2023
Challenge runs: May 15, 2023 to June 11, 2023

If you have a medical condition that would make it unreasonably difficult or inadvisable to participate, please consult with your physician. There will be multiple activities within the challenge that you can engage in that will be converted into steps.

*Virgin Pulse is an independent company.

ACCEPT THE CHALLENGE

Sign in or create an account at join.virginpulse.com/WESTSUBURBANHEALTHGROUP. If you have any questions, please call 1-833-226-5914, or email healthytogether@virginpulse.com.

Team up with friends and co-workers in a healthy competition.



MASSACHUSETTS

Blue Cross Blue Shield of Massachusetts complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, or gender identity.

ATTENTION: If you don't speak English, language assistance services, free of charge, are available to you. Call Member Service at the number on your ID card (TTY: 711).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia con el idioma. Llame al número de Servicio al Cliente que figura en su tarjeta de identificación (TTY: 711).

ATENÇÃO: Se fala português, são-lhe disponibilizados gratuitamente serviços de assistência de idiomas. Telefone para os Serviços aos Membros, através do número no seu cartão ID (TTY: 711).