


BetterYou STRIDES



Choose Your Journey A checklist for your incentive program

Milestones	Dollars	Frequency
<input type="checkbox"/> Complete your health assessment	20	1 per year
<input type="checkbox"/> Register Fitness Device	20	1 per year
<input type="checkbox"/> Corporate Challenge	20	2 per year
<input type="checkbox"/> Self-Guided Programs	20	5 per year
<input type="checkbox"/> Personal Challenges	20	5 per year
<input type="checkbox"/> Podcast	20	5 per year
Better You Programs:		
<input type="checkbox"/> BY Live Webinars	20	1 per quarter/ 4 per year
<input type="checkbox"/> BY Live Lifestyle Improvement Programs	20	1 per quarter/ 4 per year
<p>Take strides toward better health today. Register now for Better You Strides, a personal wellness program that creates a custom-made plan to help you meet your health and wellness goals. Registering takes just a few steps.</p> <p>Online or use the  Mobile App</p>		

FAQ

Who can participate in Better You Strides? All full-time employees that have Florida Blue medical coverage through their employer, as the subscriber, are encouraged to participate.

How do I earn? You earn dollars by completing activities on your Personal Health Journey. You can earn up to a maximum of \$100 per year by completing any of the items listed as a qualifying reward.

How do I track my dollars? See your **Rewards** dollars at the top of the Better You Strides home page. You will earn your rewards in \$20 increments. You can redeem a maximum of \$100 per reward year by clicking on **Redeem**.

How do I redeem my reward? You will see a wide selection of electronic gift cards that you can select from, when you click on the **Redeem** button at the top of your home page. You can redeem as you earn, or you can wait to earn the full \$100 before you redeem. There are electronic gift cards in different denominations available.

How will I receive my electronic gift card when I redeem? Once you have selected an electronic gift card to redeem, an e-code will be emailed to the email address that you entered when you registered for the Better You Strides wellness platform. If you do not see an email with your e-code, check your junk email. If you want to change your email address associated with the wellness platform, click the cover pic icon at the top of the home page and go to settings.

When does my reward program begin? Your reward program begins February 1, 2021 and ends on December 31, 2021. You must redeem your dollars by December 31, 2021. Reward dollars do not roll-over to the next year.

If I have questions, who should I ask? For questions and technical support, call 800-352-2583. Representatives are available 8:00 a.m. to 6:00 p.m. Monday-Friday.



Florida Blue has entered into an arrangement with Onlife to provide members with care decision support services, information and other services. Please remember that all decisions that require or pertain to independent professional medical/clinical judgment or training, or the need for medical services, are solely your responsibility and the responsibility of your Physicians and other health care Providers. The programs mentioned above are subject to change.

Health insurance is offered by Florida Blue. HMO coverage is offered by Florida blue HMO, an affiliate of Florida Blue. These companies are Independent Licensees of the Blue Cross and Blue Shield Association.

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