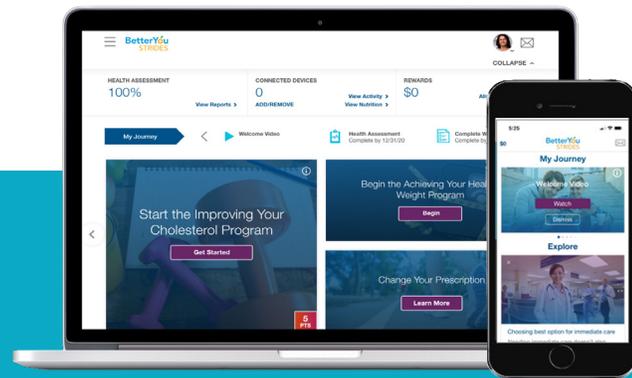


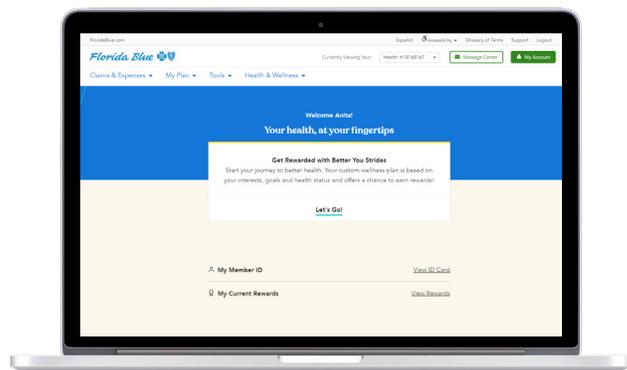
## Start Your Journey to Better Health!



### Take strides toward better health today.

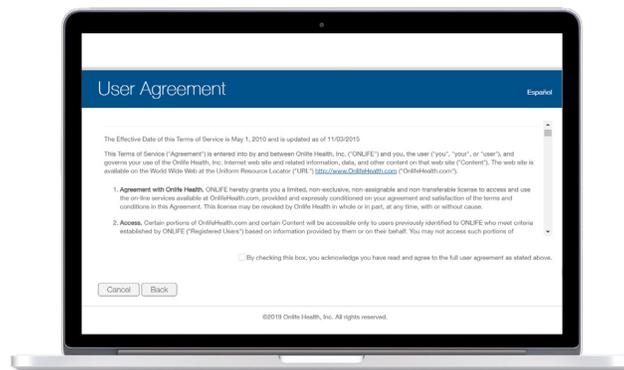
Register now for Better You Strides, a personal wellness program that creates a custom-made plan to help you meet your health and wellness goals. Registering takes just a few steps.

### Online



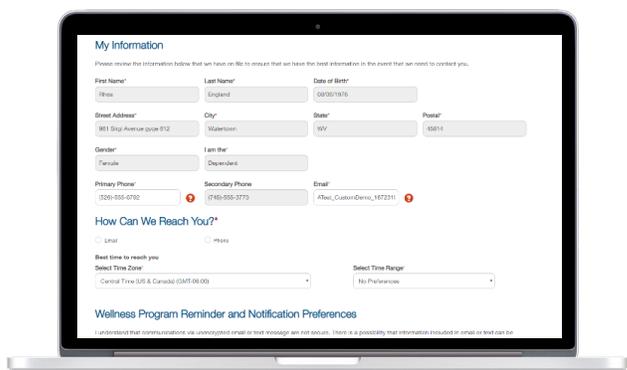
#### Step 1.

Log in to your member account at [floridablue.com](http://floridablue.com). Click Health & Wellness, then Better You Strides.



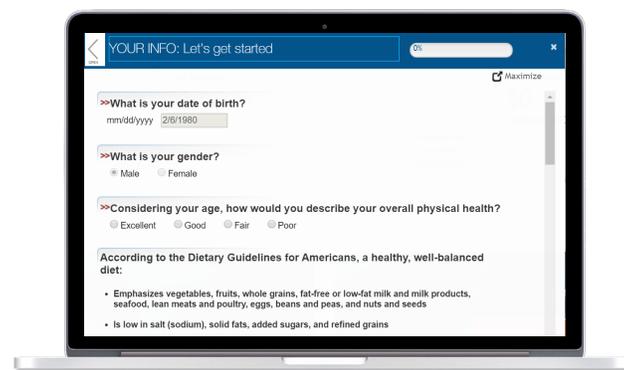
#### Step 2.

Read and Accept the Terms of Service.



#### Step 3.

Choose your communications preferences.



#### Step 4.

Complete your Personal Health Assessment.

## QUESTIONS?

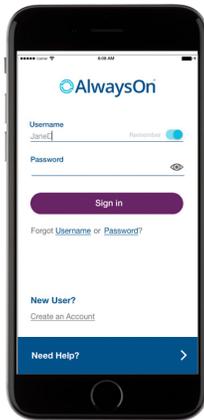
Give us a call at **800-352-2583**.

# From the AlwaysOn mobile app

## Step 1.

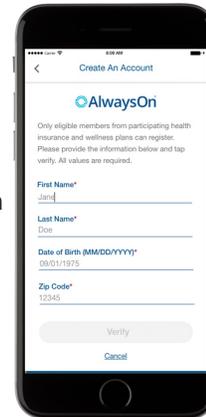
Download the AlwaysOn mobile app from the Apple App store or Google Play. Click "New User?".

To view the AlwaysOn mobile app in Spanish, change the language setting on your smart phone to Spanish **before** downloading the app.



## Step 2.

Enter your name, date of birth and zip code. Click "Verify."



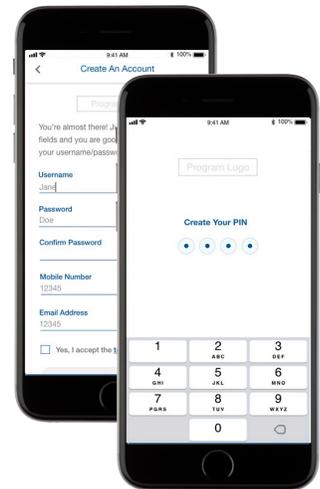
## Step 3.

Complete the authentication steps. You'll be asked to enter your Group number, which you'll find on your member ID. If you don't have your member ID card, just log into your Florida Blue account to download a copy of your card or access it from the Florida Blue app.



## Step 4.

Enter a user name, password, mobile phone number and email address. Accept the terms of service, then create your PIN.



**Now you've got everything you need to start taking strides toward better health!**



## QUESTIONS?

If you have questions or need help registering for Better You Strides, call **800-352-2583**.

Florida Blue

[floridablue.com](http://floridablue.com)

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. We comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability or sex. BLUE CROSS®, BLUE SHIELD® and the Cross and Shield Symbols are registered service marks of the Blue Cross and Blue Shield Association, an association of independent Blue Cross and Blue Shield Plans.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-352-2583 (TTY: 1-877-955-8773).

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-800-352-2583 (TTY: 1-800-955-8770).