

Map Your Personal Path to Health

Welcome to Better You Strides, an online wellness program that uses your needs, goals and interests to build your custom-made plan to better health

A Personal Plan for You



Better You Strides creates a personal health Journey for you—a custom-made plan with recommended actions to reach your health goals. Activities cover healthy eating, tips to move more and ways to feel happier. Discover the fun of building healthy habits through activities, videos and quizzes. As you progress, your Journey evolves, offering challenges and activities to help you stay motivated.

Your Mobile Fitness Partner



Tap into your personal health Journey from your smartphone, tablet or computer to track your progress or get support any time, anywhere. Better You Strides can integrate with more than 100 health and wellness wearable devices and mobile app trackers. That makes tracking your progress even easier.

FCSRMC 2023		
Redeem up to \$140 between 2/1/2023 - 12/31/2023		
Allowable Activities	Dollars	Frequency
<input type="checkbox"/> Complete your health assessment	40	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"/> Article	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
Employer Sponsored Programs:		
<input type="checkbox"/> Onsite Wellness Seminar	20	1 per quarter/ 4 per year
<input type="checkbox"/> Onsite BY Lifestyle Improvement Programs	20	1 per quarter/ 4 per year

2023 WELLNESS



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 \$140 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 \$140 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 \$140 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, 2023 and ends on December 31, 2023. You must redeem your dollars by December 31, 2023. 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.