

## Get in Sync and **Get Moving!**

The rewards of physical activity are huge—weight loss, more self-esteem, less stress and even better sleep! And, it's easier than ever to get started when you sync your wearable fitness device or health app to **Better You Strides**. The good news—you can seamlessly connect with more than 120 of the most popular fitness devices and mobile apps out there.

When you sync your device or health app to **Better You Strides**, keeping track and managing your physical activity becomes an instant and convenient resource to help meet your goals throughout the day.

There's no right or wrong way to start getting active. Do it your way and get moving today!

### Follow these steps to sync your device:

- 1 Log into your **Better You Strides** account.
- 2 Click on **Add/Remove** in the gray center box.
- 3 Under **Got a Device?** click **Get Started**. If this is your first time connecting, you'll see a video that gives you more details.
- 4 Read the Terms & Conditions and click **I Accept** to continue.
- 5 Continue to the **Browse and Connect Apps** page. Find your device or app and click **Connect**.
- 6 Follow the prompts to enter your login credentials to access your device or app account. If you haven't set up an account for your device/app, you can do this by clicking **Create New Account**.

You're synced up once you see **Connected** on the icon for your device and your activity appears on the **My Fitness** page.



Florida Blue 

Florida Blue has entered into an arrangement with Onlife to provide Florida Blue 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.

Florida Blue and Florida Blue HMO are Independent Licensees of the Blue Cross and Blue Shield Association. We comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability or sex.

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).