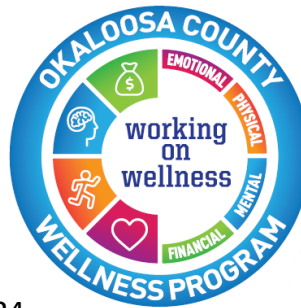


BetterYou STRIDES



Program Timeframe: October 1, 2023 – August 15, 2024

Bend the Trend A checklist for your incentive program

Allowable Activities	Dollars	Frequency
PREVENTIVE CARE		
<input type="checkbox"/> Health Assessment	\$75	1 per year
<input type="checkbox"/> Biometric Screening	\$75	1 per year
<input type="checkbox"/> Achieve “in-range” biometrics		
• BMI 18.5-24.9	\$25	1 per year
• Cholesterol Ratio =/ \leq 5.0	\$25	1 per year
• Blood Pressure <120/80	\$25	1 per year
<input type="checkbox"/> Annual Wellness Exam/Well Woman Exam – self report	\$50	1 per year
<input type="checkbox"/> Preventive Screening (Skin Cancer, Mammogram, PSA, Colonoscopy, Bone Mineral Density) – self report	\$30	2 per year
<input type="checkbox"/> Vaccines (Flu, COVID) – self report	\$30	2 per year
<input type="checkbox"/> Dental Exam – self report	\$20	1 per year
COACHING AND GOAL SETTING		
<input type="checkbox"/> Corporate Challenges		
• Beat the Winter Blues (January 1 – 31, 2024)	\$25	1 per year
<input type="checkbox"/> Personal Challenges	\$10	4 per year
<input type="checkbox"/> Community Walk/Run/Bike – self report	\$30	2 per year
<input type="checkbox"/> Florida Blue Next Steps Health Coaching- Complete 3 calls	\$50	1 per year
<input type="checkbox"/> Healthy Addition Prenatal Program – Enroll	\$50	1 per year
AWARENESS AND EDUCATION		
<input type="checkbox"/> Complete a Digital Self-Guided program	\$30	4 per year
<input type="checkbox"/> 5 Week Lifestyle Improvement Program (4/5)	\$50	1 per year
<input type="checkbox"/> 3 Week Health Condition Series (attend 3/3)	\$30	2 per year
<input type="checkbox"/> Florida Blue Sponsored Wellness program	\$20	2 per year
<input type="checkbox"/> Florida Blue Sponsored OnDemand Video	\$20	4 per year
GROUP MANAGED ACTIVITY		
<input type="checkbox"/> Fitness Incentive (Gym membership, Exercise equip, Wt Loss Program)	\$200	Total Reimbursement
<input type="checkbox"/> Tobacco Cessation Program	\$50	1 per year

Who can participate in Better You Strides? All full-time employees, 18 and over, are encouraged to participate.

When does the program start and end? The Better You Strides program begins on 10/1/2023 and runs through 8/15/2024.

How do I earn dollars? You earn dollars by completing the allowable activities in your Journey®. Earn up to a maximum of \$400 in a future paycheck. Payouts will be made quarterly.

[Group Managed Activities – Risk Management will provide details on how to participate and earn dollars for activity listed in this section.](#)

How do I track my points? Earned Rewards will be displayed on the gray tool bar at the top of the Dashboard.

The Rewards page will display the list of allowable activities you can complete and the dollar value of each activity. Click on the activity name for a detailed description for further instructions. See all activities that you've completed on the Rewards History page.

[Group Managed Activities - Dollars will be tracked by Risk Management and will not be visible on the Better You Strides Rewards section of platform for the indicated activity.](#)

How do I get started?

Florida Blue Members:

1. Log in to your floridablue.com member account and click "Health & Wellness," then "Better You Strides."
2. Read and accept the Terms of Service, then choose your communication preferences.

Non-Members:

1. Go to <https://login.onlifehealth.com/Home/Login> and click **Get Started**.
2. Enter your name, date of birth, and home zip code. Click **Next**.
3. Enter your employer's group number **41954**.
4. Create your Username and Password in the Profile section

AlwaysOn Mobile App registration

1. Download and register on the **AlwaysOn Mobile app** from the Apple App store or Google Play. Click "New User."
2. Complete the authentication step; Group number **41954**
3. Create your username, Password and PIN

If I have questions, who should I ask? If you have questions or need help registering for Better You Strides, call **800-352-2583**; Non-Members call **866-560-9355**.



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).