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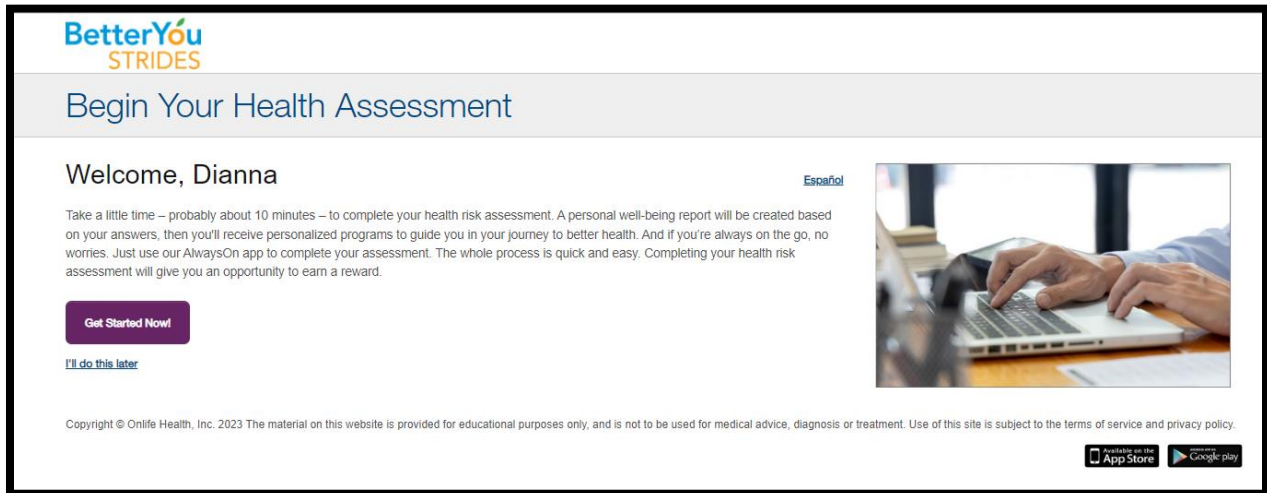
**Page 5 -- My Plan**

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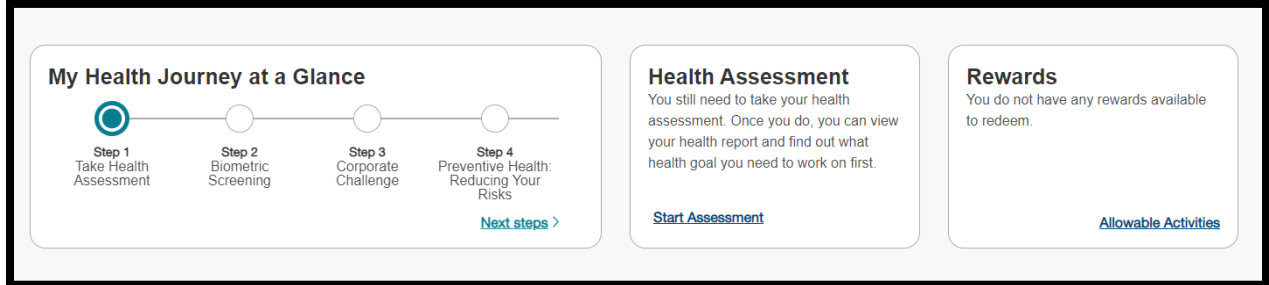
**Health Assessment prompt upon logging in**

**Upon successful log-in to Better You Strides, users will be asked to complete Health Assessment (if they haven't completed at that time). This remains the same.**



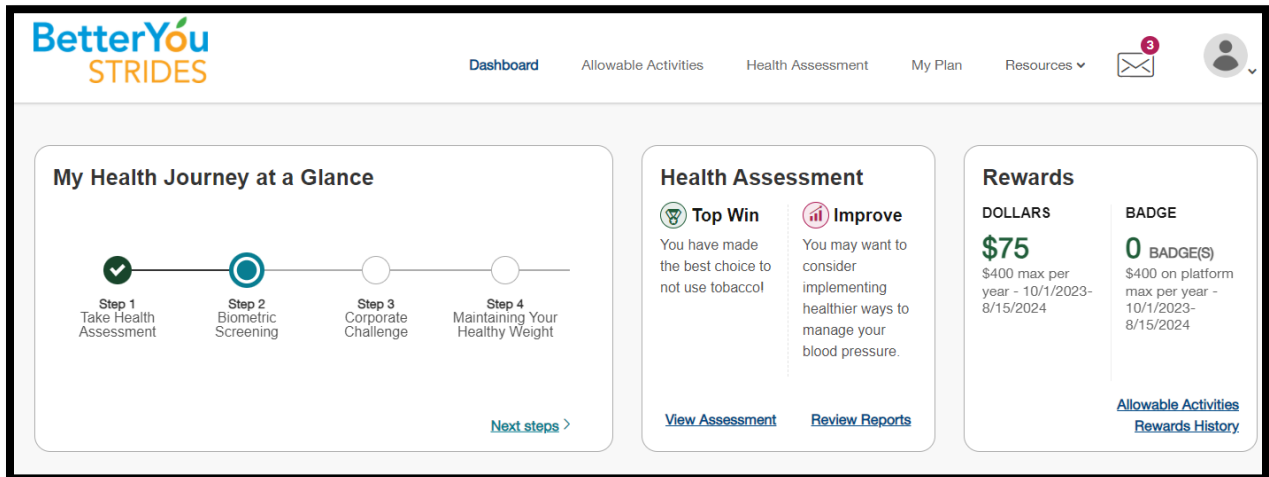
**Dashboard if HA is not yet complete**

**If Health Assessment isn't complete, the Dashboard note this and provide a link to Start Assessment**



**Dashboard once HA is complete**

**Once the Health Assessment is complete, the Health Assessment box on Dashboard will change to provide Top Win and Improve verbiage with links to Review Reports or View Assessment. Rewards updates to display earned dollars/badge for completed activities.**



### Allowable Activities

**Allowable Activities can now be found at the top of the Dashboard or in the within the Health Journey section in middle of Dashboard.**

**Allowable Activities will now be visible as cards instead of as line items. Once an Allowable Activity is complete, it will be removed from the listing and placed in Completed Activities and Rewards History sections of platform.**

**Better You STRIDES**

Dashboard **Allowable Activities** Health Assessment My Plan Resources

## Welcome To Rewards!

### Better You Strides Rewards Program

See all the activities that are eligible for rewards here and keep track of the ones you have already completed. Any activity with a dollar or badge icon will earn you dollars that will be paid out quarterly into a paycheck. You can earn up to a maximum of \$400. Click on each of the activities below to learn more and start earning dollars now.

[Learn more about rewards](#)

[Allowable Activities](#) [Reward History](#)

### Allowable activities for rewards

See all the activities that are eligible for rewards here and keep track of the ones you have already completed in the Reward History tab.

Search all eligible rewards

**Healthy Body Mass Index**

Meet the Ideal BMI range between 18.50-24.99. Must complete the biometric screening in order to receive reward for ideal BMI. Please...

[Learn More](#)

**Healthy Cholesterol Ratio**

Meet the Ideal Cholesterol Ratio of 5.0 or Less. Must complete biometric screening in order to receive reward for Ideal Cholesterol...

[Learn More](#)

**Healthy Blood Pressure**

Meet the Ideal Blood Pressure Range of less than 120/80 (both values). Must complete biometric screening in order to receive rewar...

[Learn More](#)

Once an activity is completed, the card will be removed from the Allowable Activities section and listed within the Completed Activities list from the Dashboard tab (3<sup>rd</sup> option in middle of page) and Rewards History section.

**Completed Activities:**

### My Health Journey at a Glance

Step 1: Take Health Assessment  
Step 2: Biometric Screening  
Step 3: Corporate Challenge  
Step 4: Maintaining Your Healthy Weight

[Next steps >](#)

### Health Assessment

**Top Win**  
You have made the best choice to not use tobacco!

[View Assessment](#)

**Improve**  
You may want to consider implementing healthier ways to manage your blood pressure.

[Review Reports](#)

### Rewards

DOLLARS

**\$75**

\$400 max per year - 10/1/2023-8/15/2024

BADGE

**0** BADGE(S)

\$400 on platform max per year - 10/1/2023-8/15/2024

[Allowable Activities](#)  
[Rewards History](#)

Health Journey
In-Progress Activities
Completed Activities
Browse All Activities

### Completed Activities

**Take Health Assessment**  
Completed On December 01, 2023

[View Results](#)

**Reward History:**

[Learn more about rewards](#)

#### Dollars

Earn up to a maximum of \$400. Payouts will be made quarterly.

CURRENT BALANCE

**\$75**

\$400 max per year - 10/1/2023-8/15/2024

#### Badge

Earn a badge for completing your biometric screening! You will receive \$75 in a paycheck following completion of the biometric screening.

CURRENT BALANCE

**0**

\$400 on platform max per year - 10/1/2023-8/15/2024

Allowable Activities
Reward History

### Track your journey to a healthier you

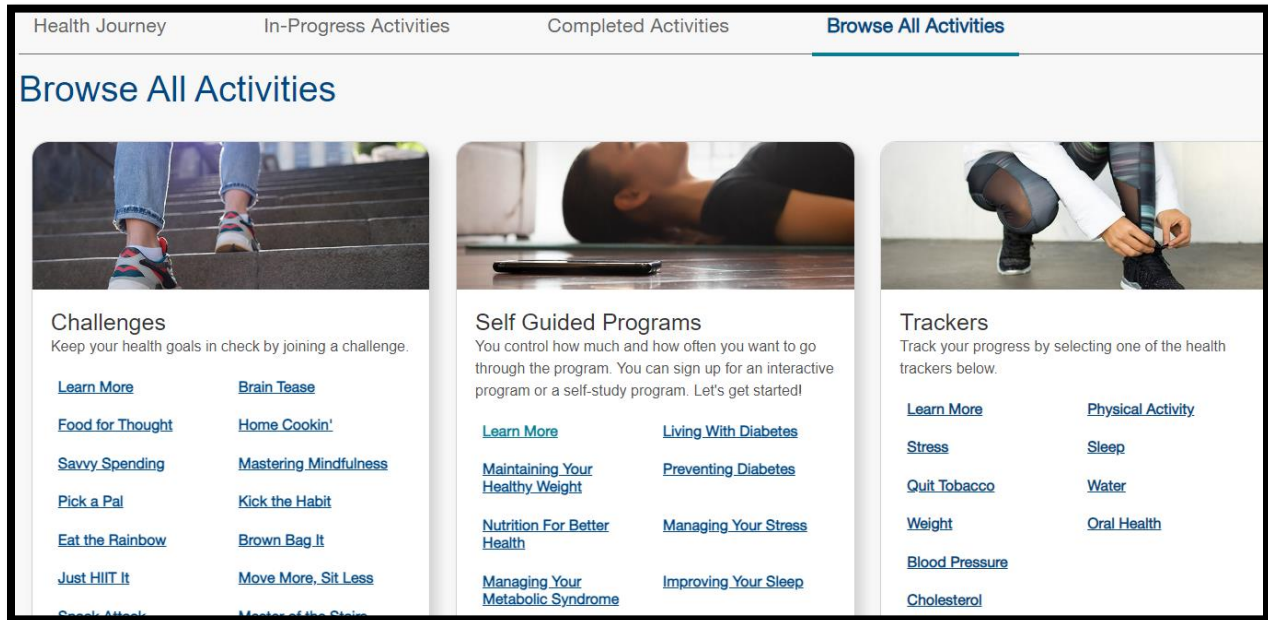
Congratulations for taking steps to a healthier you. See all that you have accomplished below in the Reward History page. Go to the Allowable Activities to find all the opportunities for you to continue on your journey and earn more rewards.

Export

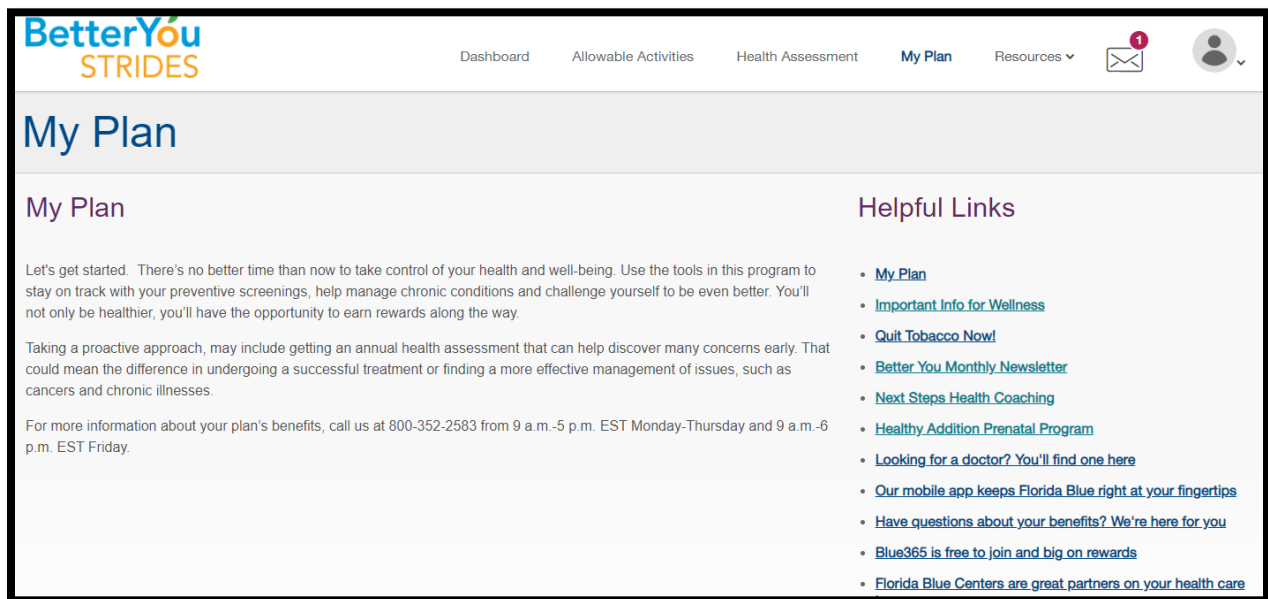
2023

<p><b>Health Assessment</b> Completed: 12/01/2023 Available for rewards next on: 10/01/2024</p>	<p>EARNED</p> <p><b>\$75</b></p>
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User can view all **Personal Challenges, Self-Guided Programs, Trackers, access Progress Check-in and My Health** from the **Browse All Activities** tab of Dashboard in middle of screen.



**My Plan** section where users can access the **OCBOCC Wellness Page and Tobacco Free Florida** along with other helpful links is accessible from the top of Dashboard.



**Resources** section will house [Health Content](#), [Symptom Checker](#), [Well-being Content](#), [Family Content](#), [Reports and Assessments](#). This remains the same, just found on top of main Dashboard instead of menu bar.

