

BetterYou STRIDES



October 1, 2022 – August 15, 2023

Bend the Trend A checklist for your incentive program

Allowable Activities	Rewards	When Rewards will be visible
GET ASSESSED		
<input type="checkbox"/> Health Assessment	\$75	2 days
<input type="checkbox"/> Biometric Screening (badge)	\$50	4-6 weeks
<input type="checkbox"/> Achieve "in-range" biometrics <ul style="list-style-type: none"> BMI 18.5-24.9 Cholesterol Ratio \leq 5.0 Blood Pressure $<$ 120/80 	\$25	4-6 weeks
<input type="checkbox"/> Annual Wellness Exam/Well Woman Exam – self reported	\$25	4-6 weeks
<input type="checkbox"/> Preventive Screening (Skin Cancer, Mammogram, PSA, Colonoscopy, Bone Mineral Density)	\$25	4-6 weeks
<input type="checkbox"/> Vaccines (Flu, COVID)	\$50	2 days
<input type="checkbox"/> Dental Exam	\$30 (max \$60)	2 days
	\$30 (max \$60)	2 days
	\$20	2 days
GET MOVING		
<input type="checkbox"/> Corporate Challenge <ul style="list-style-type: none"> 100 Mile Challenge (11/1/22 – 11/30/22) Plant Some Healthy Eating Habits this Spring (3/1/23 – 3/30/22) 	\$25	2 days
<input type="checkbox"/> Complete a Personal Challenge	\$25	2 days
<input type="checkbox"/> Community Walk/Bike/Run	\$10 (max \$40)	2 days
	\$30 (max \$60)	2 days
GET INFORMED		
<input type="checkbox"/> Complete a Digital Self-Guided Program	\$30 (max \$120)	2 days
<input type="checkbox"/> 5 Week Lifestyle Improvement Program (4/5)	\$50	4-6 weeks
<input type="checkbox"/> 3 Week Chronic Condition Series (3/3)	\$30 (max \$60)	4-6 weeks
<input type="checkbox"/> Diabetes Prevention Program (complete 9 classes)	\$100	4-6 weeks
<input type="checkbox"/> Florida Blue Sponsored Wellness Program	\$20 (max \$40)	4-6 weeks
<input type="checkbox"/> Florida Blue Sponsored OnDemand Video	\$20 (max \$80)	4-6 weeks
<input type="checkbox"/> Tobacco Cessation Program	\$50	4-6 weeks
<input type="checkbox"/> Healthy Addition Prenatal Program – Enroll	\$50	4-6 weeks
<input type="checkbox"/> Next Steps Health Coaching – Complete 3 calls	\$50	4-6 weeks

Frequently Asked Questions

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 10/1/2022 and runs through 8/15/2023.

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

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 for **All Employees**

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.

How do I track my dollars? 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.

If I have questions, who should I ask? If you have questions or need help registering for Better You Strides, Florida Blue Members **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).