

Wellness Wednesday



Earn Money By Participating in Wellness Programs

BetterYou STRIDES

Begin your health assessment

Welcome

Take a little time – probably about 10 minutes – to complete your health risk assessment. A personal well-being report will be created based on your answers, then you'll receive personalized programs to guide you in your journey to better health. And if you're always on the go, no worries. Just use our app to complete your assessment. The whole process is quick and easy. Completing your health risk assessment will give you an opportunity to earn a reward.

Get Started Now!

I'll do this later

Español



TAKE THE HEALTH ASSESSMENT THROUGH OUR WELLNESS PLATFORM, ONLIFE TO RECEIVE \$50. IT ONLY TAKES ABOUT 15 MINUTES TO COMPLETE.

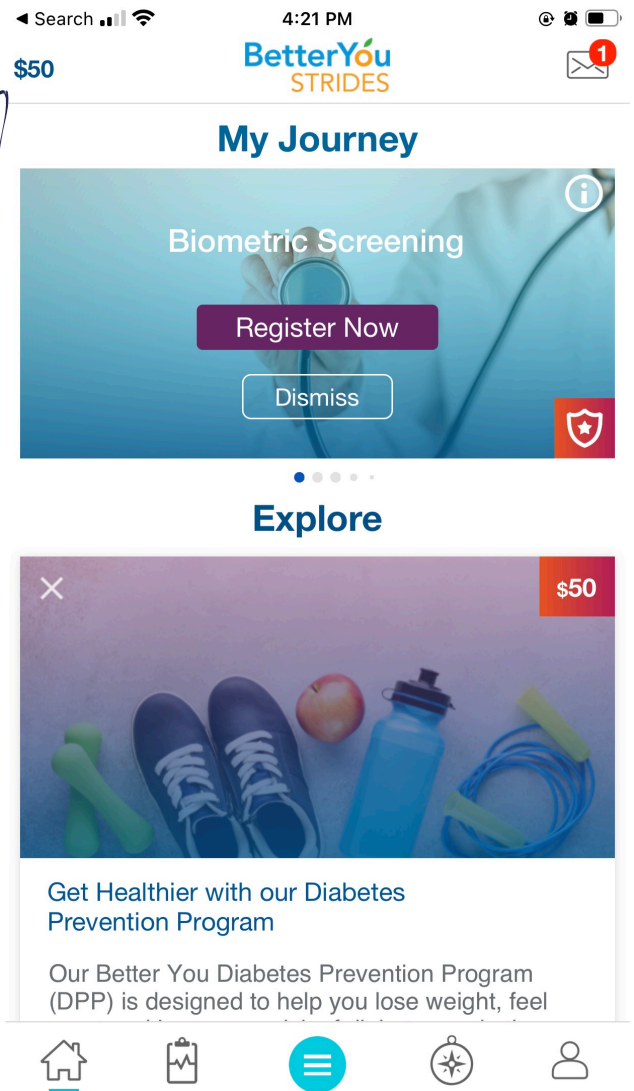
THE NEW WELLNESS PLATFORM BREAKS DOWN THE DIFFERENT AMOUNTS YOU CAN RECEIVE FOR EACH ACTIVITY.





YOU JUST HAVE TO start


Biometric Screening	🛡️	Register Now	▼
Healthy Body Mass Index	\$5		▼
Healthy Cholesterol Ratio	\$5		▼
Healthy Blood Pressure	\$5		▼
Preventive Screenings	\$25	Complete Now	▼
Annual Wellness/Well Woman Exam	\$25	Complete Now	▼
Dental Exam	\$10	Complete Now	▼
Florida Blue Sponsored Wellness Presentations Onsite or Webinars	\$10		▼
5 Week Lifestyle Improvement Program	\$30		▼
Community Walk/Bike/Run	\$10	Complete Now	▼
3 Week Health Condition Management Series	\$25		▼
Healthy Addition Prenatal Program	\$50	Join Now!	▼
Next Steps Health Coaching	\$50	Start Today!	▼

HEALTH ASSESSMENT 100% <hr/> View Assessment > View Reports >	CONNECTED DEVICES 1 Apple Health Add/Remove View Fitness Activity > View Nutrition Activity >	REWARDS \$50 Allowable Activities > Rewards History >
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Once completed, you will see your account balance on your dashboard. You can view this on either your phone or your computer.



Search   4:21 PM  

\$50 



My Journey

Biometric Screening

[Register Now](#)






[Dismiss](#)

Explore

Get Healthier with our Diabetes Prevention Program

Our Better You Diabetes Prevention Program (DPP) is designed to help you lose weight, feel

**DON'T AIM FOR
PERFECTION
AIM FOR
PROGRESS**