

Start Your Journey to Better Health!



Take strides toward better health today.

Register now for Better You Strides, a personal wellness program that creates a custom-made plan to help you meet your health and wellness goals. Registering takes just a few steps.

Online



Step 1.

Log in to your member account at <u>floridablue.com</u>. In the top navigation bar, click **Find & Get Care**. In the drop down menu, click on **My Health Center**.

					_	
User Agreement				Españ	or :	
				•		
The Effective Date of this Terms of Service is May 1, 2010 and is update	My Information	ı				
This Terms of Service ("Agreement") is entered into by and between Onli	Piesse review the inform	Proce revise the information below that we have on Bit to ensure that we have the best information in the event that we need to contain you.				
governe your use of the Onlife Health, Inc. Internet web site and related available on the World Wide Web at the Uniform Resource Locator ("URI	Rhea	First Name"		Date of Bri	6	
1. Agreement with Onlife Health, ONLIFE hereby grants you a limited, the optime presided and an	Street Address"		City	State"		Postal*
the on-line services available at OnlifeHealth.com, provided and ex conditions in this Agreement. This license may be revoked by Onlif	961 Sirpi Avenue groe	812	Watertown	197		45014
2. Access. Certain portions of OnlifeHealth.com and certain Content	Gesder'		Law Ref.			
established by ONUFE ("Registered Users") based on information	Female		Dependent.			
	Primary Phone'		Secondary Phone	Eral'		
by checking this box,	(\$26)-555-6782	0	(746)-555-3773	Albert, Oat	4omDerno,1672311	
	How Can We	Reach Y	fou?*			
Cancel Back	C Emol		O Phone			
©2019 Onlife H	Best time to reach you Soloct Time Zono'				Select Time Range	
	Central Time (US & Canada) (OM7-09.00)			•	No Preferences	•

Step 3.

Read and Accept the **Terms of Service** and choose your communications preferences.

QUESTIONS?

Give us a call at **800-352-2583.**



Step 2.

Scroll down the page and click on **Get Started Today** in the Better You Strides banner.

Contractor - Heart Person	arrent.	
YOUR INFO	Overall Progress: 0%	
UDV TUDBA		
VOUR VITALS		
O CHET	Let's get started!	
O TOBACCO	Here is what we know about you so far:	
HISTORY	What is your date of birth?	
ACTIVITY	alati (ma	
EMOTIONAL HEALTH	Lan os: Dependent	
AT WORK	If this information is not correct. Please call <u>\$20.552-553.TTV/T20.800.955-5729</u>	
	YOUR INFO	
	What was your sex at hirth?	
	O Male © Fernale	
	This headth assessment is designed to assess your general headth-risk. For this assessment, a factor used is your see (hude or female) assigned at birth separations of history and converty identify. This assessment is not more to replace any activity gener to your any your headth care generalises. For fer the diverged any structures in the new or generally head on your version burbh history.	

Step 4. Complete your Personal Health Assessment.

From the AlwaysOn mobile app

Step 1.

Scan the QR code from your favorite app store to download the AlwaysOn Wellness mobile app. Click **New User?**. To view the AlwaysOn mobile app in Spanish, change the language setting on your smart phone to Spanish **before** downloading the app.

Step 3.

Complete the authentication steps. You'll be asked to enter your Group number, which you'll find on your member ID. If you don't have your member ID card, just log into your Florida Blue account to download a copy of your card or access it from the Florida Blue app.



Apple App Store



Step 2.

Enter your name, date of birth and zip code. Click **Verify.**



Step 4.

Enter a user name, password, mobile phone number and email address. Accept the terms of service, then create your PIN.



Now you've got everything you need to start taking strides toward better health!



QUESTIONS?

If you have questions or need help registering for Better You Strides, call **800-352-2583.**

Florida Blue 💩 🕅 floridablue.com

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. App Store is a service mark of Apple Inc. Google Play is a trademark of Google Inc.

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).