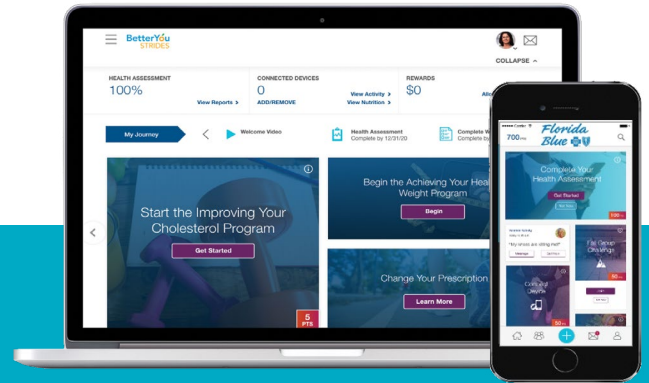


BetterYou STRIDES

Start Your Journey to Better Health!



\$ It's quick and easy, plus there's no extra cost to you!

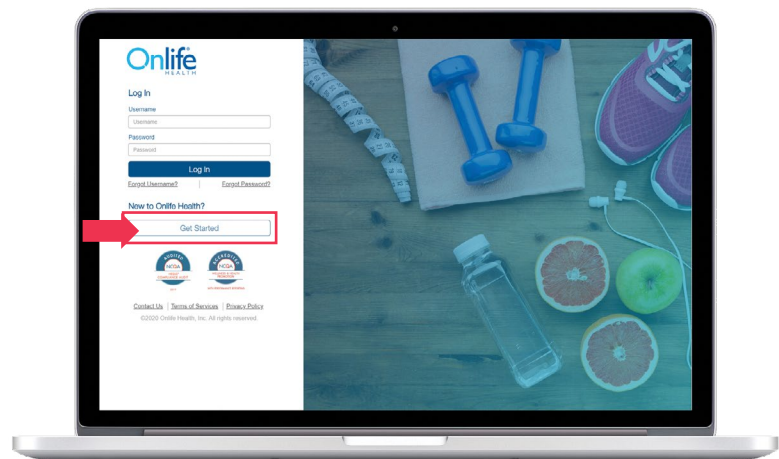
No matter where you get your health coverage from, we invite you to register for Better You Strides, a personal health and wellness program to help you improve your health. Better You Strides includes:

- A Personal Health Journey—your custom-made plan with recommended actions to fit your needs and help you reach your health goals.
- Rewards for getting healthier. Complete activities to earn entries for a monthly prize drawing.
- The AlwaysOn Wellness mobile app enables you to access your Personal Health Journey, track your progress and get program support from any device, anytime.

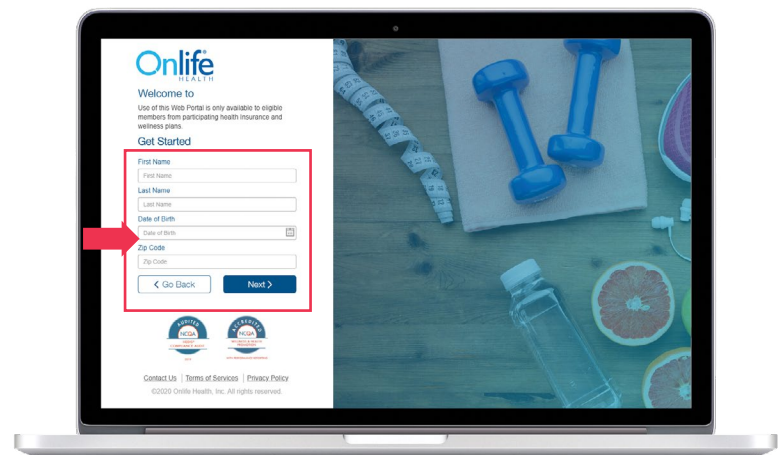
Questions?

If you need help with registration, give us a call at 866-560-9355.

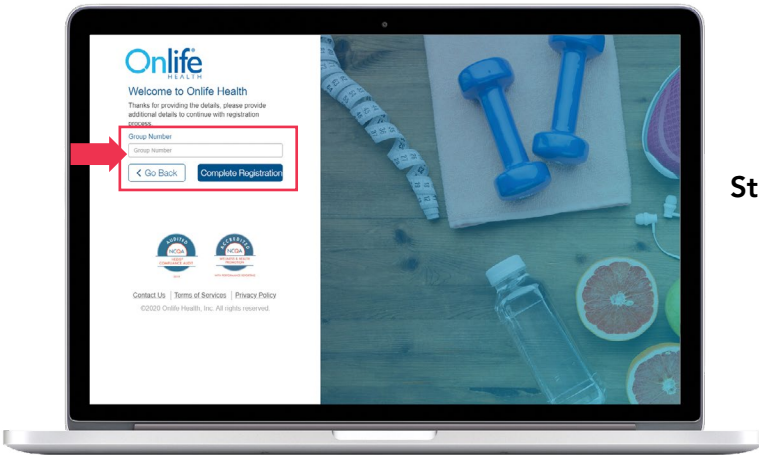
 Register today!



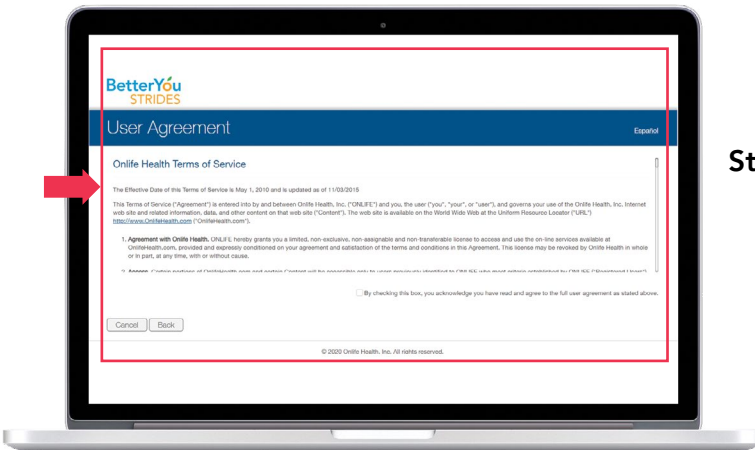
Step 1 Go to login.onlifehealth.com/Home/Login and click **Get Started**.



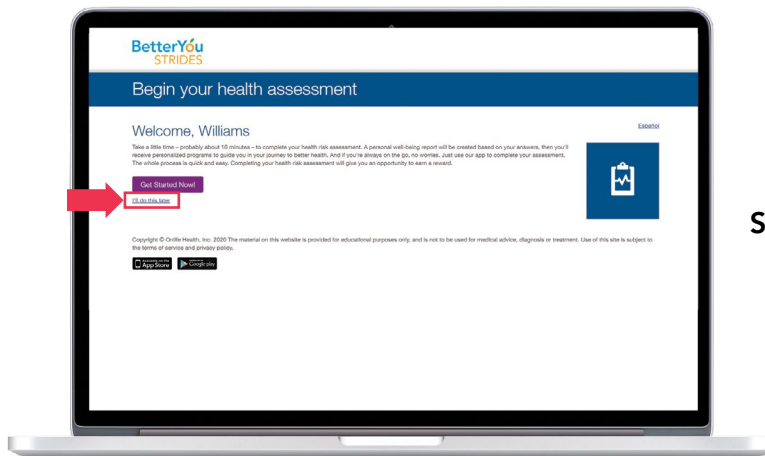
Step 2 Enter your name, date of birth and zip code. Click **Next**.



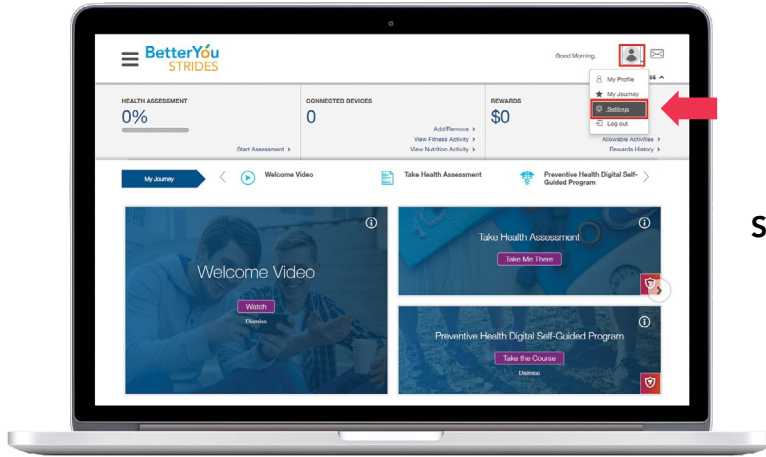
Step 3 Enter your employer's group number:



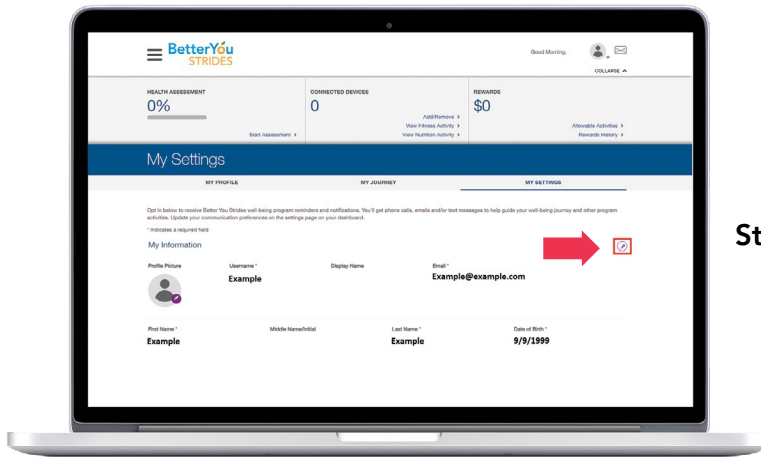
Step 4 Read and accept the terms of service. Choose your communications preferences.



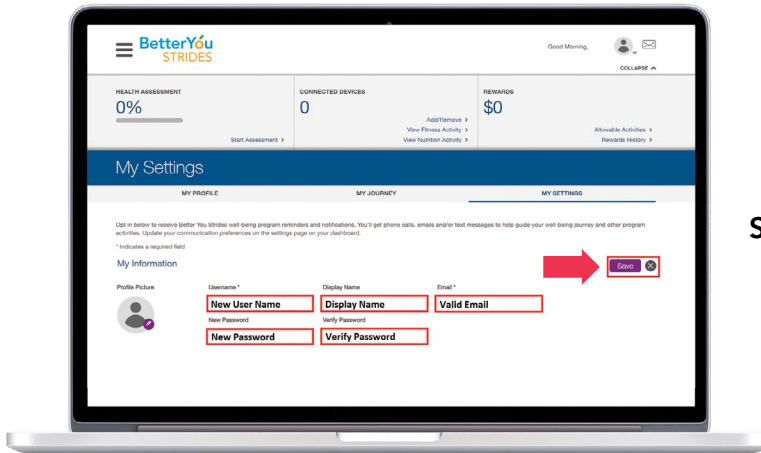
Step 5 Before you take your health assessment, please update your user name and password so you'll have immediate access the next time you open Better You Strides. Click on **I'll do this later**. You'll be taken to your homepage.



Step 6 Update your user name and password. In the upper right corner of your screen, click on the profile icon and select **Settings** from the drop-down menu.



Step 6a Click on the **pencil icon** to edit your settings.



Step 6b Create a unique user name and display name, enter your email address and create a password. Click **Save**.

P.S. Remember to take your health assessment!

Florida Blue has entered into an arrangement with Onlife to provide Florida Blue members with care decision support services, information and other services. Florida Blue has entered into this arrangement to provide a value-added service to its members. 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. Health insurance is offered by Florida Blue. HMO coverage is offered by Florida Blue HMO, an affiliate of Florida Blue. These companies are Independent Licensees of the Blue Cross and Blue Shield Association. Florida Blue and Florida Blue HMO do not discriminate on the basis of race, color, national origin, disability, age, sex, gender identity, sexual orientation, or health status in the administration of the plan(s), including enrollment and benefit determinations. NO PURCHASE NECESSARY. Badges earn drawing entries only and have no other redemption or cash value. Ends 12/31/20 at 11:59 pm ET. Other restrictions/eligibility limits apply. For full rules, prizes, odds and other details, log in to Better You Strides and review the "My Plan Page" section. Void where prohibited.

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).