



2023
WELLNESS

All full-time employees that have Florida Blue medical coverage through their employer, as the subscriber, are encouraged to participate.

You earn dollars by completing activities on your Personal Health Journey. You can earn up to a maximum of \$140 per year by completing any of the items listed as a qualifying reward.

See your _____ dollars at the top of the Better You Strides home page. You will earn your rewards in \$20 increments. You can redeem a maximum of \$140 per reward year by clicking on _____.

You will see a wide selection of electronic gift cards that you can select from, when you click on the _____ button at the top of your home page. You can redeem as you earn, or you can wait to earn the full \$140 before you redeem. There are electronic gift cards in different denominations available.

Once you have selected an electronic gift card to redeem, an e-code will be emailed to the email address that you entered when you registered for the Better You Strides wellness platform. If you do not see an email with your e-code, check your junk email. If you want to change your email address associated with the wellness platform, click the cover pic icon at the top of the home page and go to settings.

Your reward program begins February 1, 2023 and ends on December 31, _____. You must redeem your dollars by December 31, _____. Reward dollars do not roll-over to the next year.

For questions and technical support, call 800-352-2583. Representatives are available 8:00 a.m. to 6:00 p.m. Monday-Friday.



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. 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.