

# Personalized support and up to \$500 in rewards for your health journey

## With good health comes rewards!

Better You Strides is our online wellness and rewards program. You and covered family members aged 18 or older can earn up to \$500 toward your premium.<sup>1</sup> So, if you have three adults covered by your plan, that's \$1,500 for the year!

**It's easy!** Complete activities and cha-ching! Each month, we'll apply your points to your next invoice. 100 points = \$1. (If you don't have a monthly premium, your rewards can be loaded to a prepaid card that can be used toward some health care expenses like copays.)

## Your health journey, rewarded

### One-stop shop

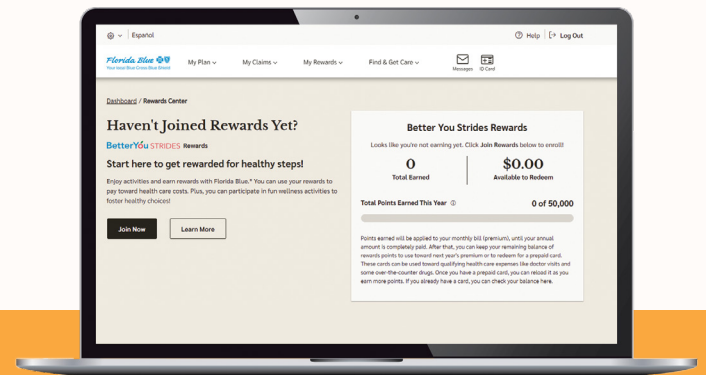
After you log in to your Florida Blue member account, click **My Rewards** to access your Reward Center. This is your home base, where you can:

- Find activities to earn rewards
- Check your rewards balance

### Easy ways to earn rewards

We have some great ways for you to start earning right away, like:

|                                   |      |              |
|-----------------------------------|------|--------------|
| <b>Personal health assessment</b> | \$75 | 7,500 points |
| <b>Personal challenges</b>        | \$50 | 5,000 points |
| <b>Wellness exam</b>              | \$50 | 5,000 points |
| <b>Health plan education</b>      | \$50 | 5,000 points |
| <b>meQ</b>                        | \$50 | 5,000 points |



## Get started today!

### How to activate your Rewards Center

1. If you don't have a member account, you'll need your member ID number to create one. Log in to your member account at [FloridaBlue.com](https://www.floridablue.com) or through your mobile app.
2. Click **My Rewards** at the top of your home page.
3. In the dropdown menu, click **Rewards Center** to join.
4. After joining, click **My Healthy Activities** to find a list of all the activities you can complete to earn rewards.

# Your health journey—priceless

With Better You Strides, you get more than just points. You get a personalized health journey to help you be your healthiest.



## Have a fitness device?

**Better You Strides can sync with your device. Here's how:**

1. Log in to your member account at [FloridaBlue.com](https://FloridaBlue.com).
2. Click **Find & Get Care** from the menu and select **Health & Wellness** from the dropdown.
3. Scroll down to **Track My Progress** and click **Connect a Device**.

## Have questions?

We're here to help you get the most out of your Better You Strides wellness and rewards program.

## A personalized health plan

**With Better You Strides, you can:**

- Create a personalized plan of activities so you can be your healthiest
- Get one-on-one health coaching<sup>2</sup>
- Sync your fitness device and track your progress

## Easy ways to stick to your plan

**Extra savings just for Florida Blue members:**

- Blue365<sup>®</sup> offers discounts of up to 50% on gym fees, nutrition programs, and more\*
- Lyft<sup>®</sup> ride to your doctor's office<sup>3</sup> (up to \$50 roundtrip)
- Tools to find the lowest costs for medical services and prescriptions
- FREE health coaching and classes at Florida Blue Centers

**Call us at the number on the back of your Florida Blue ID card or, click the Help icon at:**



[FloridaBlue.com](https://FloridaBlue.com)

<sup>1</sup>You could be eligible for a prepaid card if the earned reward amount is greater than your annual premium. The maximum amount of the prepaid card is \$500 per contract. Rewards are only available on individual ACA plans. Anyone 18 years or older covered under the health plan, including dependents, is eligible to participate. For complete program terms and conditions, contact Florida Blue.

Florida Blue has entered into an arrangement with Onlife to provide Florida Blue 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.

<sup>2</sup>Must be participating in a care management program for one-on-one health coaching.

<sup>3</sup>One (1) Lyft ride available up to \$50 roundtrip, subject to terms and conditions. Lyft is an independent third party that provides transportation services.

\*Blue365<sup>®</sup> offers access to savings on items that Florida Blue members may purchase directly from independent vendors. Blue365 does not include items covered under your policies with Florida Blue or any applicable federal health care program. Blue Cross and Blue Shield Association (BCBSA) and Florida Blue may receive payments from Blue365 vendors. Neither BCBSA nor Florida Blue recommends, endorses, warrants, or guarantees any specific Blue365 vendor or item. For more information about Blue365, go to [FloridaBlue.com/blue-365-disclaimer](https://FloridaBlue.com/blue-365-disclaimer).

Florida Blue and Florida Blue HMO are Independent Licensees of the Blue Cross and Blue Shield Association.

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, ou ka resewva yon èd gratis nan lang pa w. Rele 1-800-352-2583 (pou moun ki pa tande byen: 1-800-955-8770). 107583 0923R