

Staying on top of your health is rewarding!

Better You Strides Rewards is a personalized wellness and rewards program to help you on your health journey.



Wellness that rewards

You and your covered family members age 18 years or older on your plan can each earn up to **\$100** every year — including a one-time **\$30** reward just for joining.



How to earn points

Every 100 points = \$1. Your health journey is unique to you. Here are some examples of activities you may be able to complete to earn points:

- Complete your online health assessment
- Complete your yearly wellness checkup
- Manage stress with meEquilibrium
- And more!



How to redeem points

Once you've earned rewards, go to the Rewards Center in your Florida Blue member account to redeem your points and we will mail you a reloadable prepaid card you can use for health care expenses like doctor visits, prescriptions, vision and dental care, plus more.



Questions?

If you have questions about Better You Strides Rewards, call the number on the back of your member ID card. We'll be glad to help you get the most from this personalized program.



How to get started

1. Log in to your member account at **FloridaBlue.com**. If you don't have a member account, you'll need your member ID number to create one. Family members age 18 years or older on your plan must create their own member account.
2. At the top of your home page, click **My Rewards**.
3. In the dropdown menu, click **Rewards Center** to join the rewards program.
4. Visit the **My Rewards** menu and click **My Health Activities**. You'll find a list of all the activities you can complete to earn rewards.



Scan the QR Code to
log in and get started

Florida Blue 
Your Health Solutions Partner

BetterYou
STRIDES

The Better You Strides Rewards program is available to Florida Blue members aged 18 or older covered under an ACA or fully insured group plan. If you have Florida Blue coverage through your job, ask your benefits administrator if you qualify. Each covered member aged 18 or older is eligible for a one-time reward for joining the program. Rewards earned are subject to the annual program maximum. Reward terms and conditions apply.

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: SiwpaletKreyòlayisyen, oukaresewayonèdgratisanlangpaw. Rele 1-800-352-2583 (poumounkipatandebyen: 1-800-955-8770). 109087-0324