

Earn rewards for taking care of your health!

Better You Strides Rewards is a personalized wellness and rewards program to help you on your health journey. Now, you and family members 18 and older on your plan can each **earn up to \$100** in rewards.

How to earn points

Each healthy activity has a point value. Every 100 points you earn equals \$1 in rewards. Your health journey is unique to you. Here are some examples of activities you may be able to complete to earn points:

- Get your yearly flu shot.
- Complete your online health assessment.
- Complete your annual wellness exam.
- Get your mammogram.
- Get your COVID vaccine.
- Get your colonoscopy.
- Complete a personal challenge.
- And more!

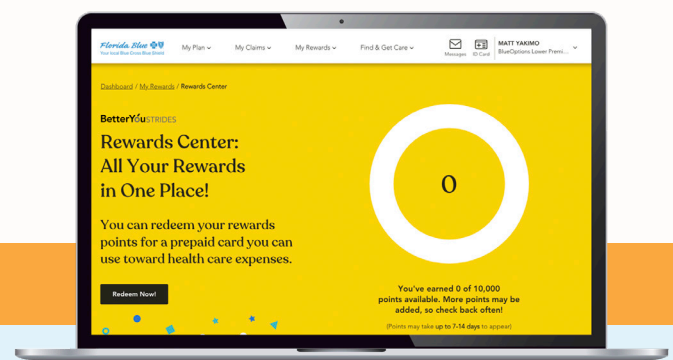
Redeem points for rewards

When you redeem your points, we'll mail you a prepaid card you can use for doctor visits, dental care, prescriptions, vision care (including screenings, eyeglasses, and contacts), chiropractic care, and more. As you earn rewards throughout the year, they can be added to your card. Just go to the Rewards Center in your Florida Blue member account to redeem your points in a few clicks!

Ready to get started?

[Click here](#) or if you haven't already joined the rewards program, follow these steps:

- 1 Log in to your member account at [FloridaBlue.com](https://www.floridablue.com). If you don't have a member account, you'll need your member ID number to create one. Family members 18 and older on your plan must create their own member account to join the rewards program.
- 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 After activation, visit the **My Rewards** menu and click **My Healthy Activities**. You'll find a list of all the activities you can complete to earn rewards.



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.

Better You Strides Rewards is available to eligible members and their covered dependents over the age of 18. Reward is a prepaid gift card, subject to the reward's program terms and conditions.

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.

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).