

BetterYou STRIDES



Know Your Numbers A checklist for your incentive program

Milestones

Points

When Points Show
in Rewards Dashboard

GET ASSESSED

<input type="checkbox"/> Complete your health assessment	75 points	1 day
<input type="checkbox"/> Complete your biometric screening	75 points	4-6 weeks

Frequently Asked Questions

Who can participate in Better You Strides? All full-time, benefit-eligible employees that have opted into the Florida Blue medical plan through their school, 18 and over, are encouraged to participate.

How do I earn points? You earn points by completing activities on your Personal Health Itinerary®.

How many points to I have to earn to receive the reward? You must earn 150 points to qualify to redeem the \$15 gift card.

How do I get started? Register with Better You Strides by downloading the CaféWell app to your smartphone or other device and enter the code **betteryoustrides**. Or you can log in to your floridablue.com member account and click “Get Started” under “Your Guide to Better Health.”



How do I track my points? From your Better You Strides home page, click on “Rewards” at the top of the page. Your Rewards Dashboard is on the top of the Rewards page.

If I have questions, who should I ask? For questions and technical support, call 800-850-8340. Representatives are available 9:00 a.m. to 8:00 p.m. Monday-Thursday and 9:00 a.m. to 7:00 p.m. Friday. Or you can send an email to betteryoustrides@cafewell.com.

The program starts February 1, 2018, and ends on December 31, 2018. Points must be earned and redeemed during that timeframe.

Florida Blue has entered into an agreement with Welltok, an independent company, whereby Welltok has agreed 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 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. CaféWell and Personal Health Itinerary® are trademarks of Welltok, Inc.

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.

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