



## 2025 Wellness Program

Happy 2025!

The Town of Longboat Key and Florida Blue are pleased to present the 2025 employee wellness program. In 2024, 39 of 88 eligible Town employees participated in the program, earning a total of 32,085 points – almost 10,000 more than 2023! – so congratulations and let's keep working toward better health! Depending on the points you accrue for activities you complete, you can earn up to two paid shifts off.

***To be awarded time off, you must complete by August 31, 2025:***

- 1. Your online personal health assessment (on the Florida Blue/Better You Strides website and AlwaysOn phone app); and***
- 2. Onsite biometric screening.***

Once you complete 1 and 2 above and:

- Earn 500 points or more: Receive one paid shift off.
- Earn 1,000 points or more: Receive a second paid shift off.
- Earn 1,200 or more points: You will be entered into a raffle drawing.

Each shift is calculated as follows: Police/PBA = 12 hours; all General and non-IAFF/PBA staff = 8 hours. Earned shifts must be used on or before 12/31/2025.

The **2025 Wellness Checklist** describes the types of activities that are eligible for points and the number of points that can be earned, as well as how to participate in the onsite biometric screening and online health assessment. Also available is the **2025 Wellness Calendar** of events. **Member and non-member flyers** show how to access the Better You Strides wellness program on the Florida Blue website.

Please join us at the **2025 biometric screening event on March 19, 2025**, between 8am – 11am, to complete your biometric screening. Non-members (those employees who opted out of the health insurance) are also eligible for the onsite screening and will have full access to the Florida Blue/Better You Strides website. Registration required; more to come on this.

### **New this year**

- *The biometric screening event will begin one hour earlier than usual (8:00am vs. 9:00am) to better serve our employees.*
- *Four corporate challenges will be offered (we held three in 2024) – the first walking challenge will begin February 1 – watch for additional information!*
- *Get your annual flu shot or age-appropriate vaccine between 10/1/2024-9/30/2025 (previously, this was limited to flu or COVID shot and only between 1/1-9/30).*

### **Don't forget**

- *Credit for an annual preventive care exam will cover the period from October 1, 2024, to September 30, 2025, giving folks who had their preventive care exams in the last three months of 2024 a chance to earn points for the exams.*

This announcement and all attachments are posted on [G:\Human Resources\Wellness Program\2025](#) as well as the employee intranet's HR page.

We look forward to another successful wellness year. Please contact me if you have questions.



# BetterYou STRIDES



## Kick It Up a Notch

### A checklist for your incentive program

1/1/2025 – 9/30/2025

500 points = 1 paid shift  
1,000 points = 2<sup>nd</sup> paid shift  
1,200 or more points = raffle drawing entry

#### Milestones

#### Points

#### When Points Show in Rewards History

##### GET ASSESSED

- ☐ Complete your online health assessment **by 8/31/2025** *\*\*Mandatory to earn shift off\*\**
- ☐ Complete your biometric screening (onsite on March 19, 2025) **by 8/31/2025** *\*\*Mandatory to earn shift off\*\**
- ☐ Achieve “in-range” biometrics
  - Cholesterol ratio =/ $\leq$  5.0
  - Blood Pressure < 120/< 80
  - Waist circumference <35” for women, <40” for men

100 points

Upon completion

100 points

Up to 6 weeks

50 points

Up to 6 weeks

50 points

Up to 6 weeks

50 points

Up to 6 weeks

##### GET MOVING

- ☐ Complete up to eight personal challenges
- ☐ Corporate challenges (30-day challenge):
  - 2/1/2025 – Become a Workweek Warrior
  - 4/1/2025 – 100-Mile Challenge
  - 6/1/2025 – Pay it Forward
  - 8/1/2025 – Mix it Up

25 points  
(200-point maximum)

Upon completion if goal met

100 points  
100 points  
100 points  
100 points  
(400-point maximum)

Upon completion if goal met

<input type="checkbox"/> Ride your bike to work OR exercise at Longboat Key Fitness Center (or any other fitness center) at least 2 times in 1 month between 1/1/2025-9/30/2025 (self-report on Florida Blue Better You Strides website)	15 points (135-point maximum)	Upon successful self-report
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## GET INFORMED

<input type="checkbox"/> Complete up to four self-guided <b>Interactive</b> and <b>Educational</b> programs between 1/1/2025-9/30/2025	50 points (200-point maximum)	Upon completion if goal met
<input type="checkbox"/> Complete up to ten FL Blue On-Demand Wellness Presentations between 1/1/2025-9/30/2025	15 points (150-point maximum)	Up to 6 weeks
<input type="checkbox"/> Participate in a minimum of 3 Better You Next Steps Health Coaching sessions 1-800-477-3736 x54837 (FL Blue members only); sessions must be at least one week apart	50 points	Up to 6 weeks
<input type="checkbox"/> Complete annual physical/wellness exam through a FL Blue network provider between <u>10/1/2024-9/30/2025</u> (self-report on Florida Blue Better You Strides website)	150 points	Upon successful self-report
<input type="checkbox"/> Get your Annual Flu Shot or age-appropriate vaccine between 10/1/2024-9/30/2025 (self-report on Florida Blue Better You Strides website)	25 points	Upon successful self-report
<input type="checkbox"/> Have up to five monthly Blood Pressure screenings at Town Hall or pharmacy kiosk (self-report on Florida Blue Better You Strides website)	10 points (50-point maximum)	Upon successful self-report
<input type="checkbox"/> Complete up to four community-sponsored events between 1/1/2025-9/30/2025: <ul style="list-style-type: none"> <li>- Complete a community-sponsored 5K or greater walk/run</li> <li>- Donate blood (whole or platelets)</li> <li>- Volunteer at a community-sponsored event</li> </ul> Self-report on Florida Blue Better You Strides website.	25 points (100-point maximum)	Upon successful self-report

## Frequently Asked Questions

**Who can participate in Better You Strides?** All full-time employees, 18 and over, are encouraged to participate. Part-time employees can participate in the activities but aren't eligible for points or days off. Participation during work hours must be done on employees' lunch break.

### How do I get started?

**Members (enrolled in a Florida Blue medical plan):** If you haven't registered for Better You Strides yet, you can do so by downloading the free *Always On* mobile app to your smartphone or other device. You will be asked to enter your Group Number: **69227** Or you can log in to your **www.floridablue.com** member account and click on **Find & Get Care**, then **Better You Strides**. If you need assistance with the registration process, please call 800-352-2583.

**Non-members (READ CAREFULLY):** If you haven't registered for Better You Strides yet, visit <https://login.onlifehealth.com/Home/Login/?ReturnUrl=%2f> and click **Get Started**. Enter your Name, Date of Birth and **00000 for the zip code**, then click **Next**. Enter your Group Number: **69227** Before you take your health assessment,

please update your username and password so you'll have immediate access the next time you open Better You Strides. Click on **I'll do this later**. You'll be taken to your homepage. Update your username and password. In the upper right corner of your screen, click on the profile icon and select **Settings** from the drop-down menu. Click on the **pencil icon** to edit your settings. Create a unique username and display name, enter your email address and create a password. Click **Save**. If you need assistance with the registration process, please call 866-560-9355.

**How do I earn points?** To earn any days off, you must complete both the Biometric Screening and the Online Health Assessment by 8/31/2025. You may complete other specified wellness activities to earn additional points.

The program **begins 1/1/2025 and ends 9/30/2025.**

- Onsite Biometric Screening: **March 19, 2025, 9am - 12pm in Commission Chambers**
- Complete the Online Health Assessment: Log on to your Better You Strides account and complete the Health Assessment. Complete all Health Assessment questions. You are finished when you show 100% completion on your rewards history page. Must complete online health assessment by **8/31/2025**. If you have not registered on the Better You Strides site, see the **How do I get started** section above.

**How do I track my points?** From your Better You Strides home page, click *Rewards History* on the right side of the page, near the top. The *Rewards History* page will display the total points earned to date as well as the list of allowable wellness activities you can complete for points.

**Note:** You must complete both the Biometric Screening and the Online Health Assessment to earn any shifts off.

#### **What is the reward?**

1<sup>st</sup> reward: 500 points = 1 shift off\*

2<sup>nd</sup> reward: 1,000 points = 2<sup>nd</sup> shift off\*

3<sup>rd</sup> reward: 1,200 or more points = Entry into raffle drawing

Up to 2 shifts off (Police Dept = 12 hours; General = 8 hours)

\*Must use shift(s) off prior to 12/31/2025.

**If I have questions, who should I ask?** For questions and technical support, call 800-352-2583. 9am-5pm EST Monday-Thursday and 9am-6pm EST Friday. Representatives are available 9am-5pm EST Monday-Thursday and 9am-6pm EST Friday. Or you can send an email to [BetterYouStrides@bcbsfl.com](mailto:BetterYouStrides@bcbsfl.com).

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.

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.

We comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability or sex. For more information, visit [floridablue.com/ndnotice](http://floridablue.com/ndnotice).

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12/3/2024



## 2025 Wellness Calendar

Date	Event	Time	Place	Points
1/13/2025	January blood pressure screening	10:00 AM-10:30 AM	Town Hall	10 (50-point max.)
1/22/2025	Blood drive	9:00 AM-1:00 PM	Town Hall	25 (100-point max.)
2/1/2025	30-day 200,000-step walking challenge begins			100
2/14/2025	February blood pressure screening	10:00 AM-10:30 AM	Town Hall	10 (50-point max.)
3/2/2025	30-day 200,000-step walking challenge ends			
3/17/2025	March blood pressure screening	10:00 AM-10:30 AM	Town Hall	10 (50-point max.)
3/19/2025	On-site biometric screenings	8:00 AM-11:00 AM	Town Hall	Minimum 100 points
3/19/2025	Blood Drive	9:00 AM-1:00 PM	Town Hall	25 (100-point max.)
4/1/2025	30-day 100-mile walking challenge begins			100
4/2/2025	AHA National Walking Day – take a 15-minute walk			25 (100-point max.)
Date TBA	April blood pressure screening	10:00 AM-10:30 AM	Town Hall	10 (50-point max.)
4/30/2025	30-day 100-mile walking challenge ends			
Date TBA	May blood pressure screening	10:00 AM-10:30 AM	Town Hall	10 (50-point max.)
5/21/2025	Blood drive	9:00 AM-1:00 PM	Town Hall	25 (100-point max.)
6/1/2025	30-day Pay it Forward corporate challenge begins			100
Date TBA	June blood pressure screening		Town Hall	10 (50-point max.)
6/30/2025	30-day Pay it Forward corporate challenge ends			
Date TBA	July blood pressure screening		Town Hall	10 (50-point max.)
7/23/2025	Blood drive	9:00 AM-1:00 PM	Town Hall	25 (100-point max.)
8/1/2025	30-day Mix it Up challenge begins			100
Date TBA	August blood pressure screening		Town Hall	10 (50-point max.)
8/1/2025-8/31/2025	Biometric screenings at Sarasota Florida Blue Center (for those who missed the 3/19/2025 event at Town Hall)			100
8/30/2025	30-day Mix it Up corporate challenge ends			
<b>8/31/2025</b>	<b>Deadline for completion of online health assessment and on-site biometric screening</b>			
Date TBA	September blood pressure screening		Town Hall	10 (50-point max.)
<b>9/30/2025</b>	<b>Deadline for completion of all programs and activities; 2025 Town Wellness Program ends</b>			





- Complete up to ten webinars between 1/1/2025-9/30/2025
- 15 points each (150-point maximum)
- To earn points, you must watch the webinar in its entirety.

## **Nutrition**

### **A Guide to Plant-based Eating (24 minutes)**

A plant-based diet has many health benefits and is an increasingly popular style of eating. Following a plant-based diet is superior for overall health and can prevent and even reverse disease. Join us to learn 5 myths of plant-based eating and how to get started. You will leave with several delicious recipes!

### **Healthy Grocery Shopping on a Budget (15 minutes)**

Have you ever said to yourself, “I’d eat healthier if healthy foods weren’t so expensive?” You are not alone. Join us for a presentation about how to shop healthy for your body and your budget. You’ll learn: the best deals in each food group; what foods are most expensive; how meal planning saves money; food shopping money-saving tips; healthy, inexpensive meal ideas; apps and websites for even more ways to economize

### **How to Use a Food Label to Better Your Health (18 minutes)**

A food label can be a helpful tool when you want to make sure you’re choosing healthy foods while grocery shopping. Join us to learn how to use the Nutrition Facts label to understand nutritional value, compare products, and evaluate the safety of a food item.

## **Weight Management**

### **Learning the Basics: Portion Size and Control (20 minutes)**

Learning about portion size and control can help you maintain or achieve a healthy weight and lifestyle. In this webinar, you’ll learn how portion sizes have changed, as well as what amount you need each day. You’ll get great tips to help you successfully control your portion sizes and continue in your pursuit of good health!

## **Physical Activity**

### **Putting the Snooze on Sleep Disorders (10 minutes)**

This snack-sized topic discusses the purpose of sleep, why it is important, how certain sleep issues like insomnia, sleep apnea and shift work affect your life, and how to improve the quality of your sleep.

### **Strength Training Simplified (13 minutes)**

In addition to learning about the benefits and components of strength training, this session will provide your employees with a strength workout they can do anytime, anywhere – using just their body weight! Participants are encouraged to wear comfortable clothing as the facilitator will lead them through demonstrations of simple exercises.

## **Chronic Conditions**

### **[Living with Asthma: Don't Take My Breath Away \(31 minutes\)](#)**

Asthma is a chronic condition that affects many people. If you or a loved one has asthma, it takes time and energy to keep it well controlled. Join us to learn the different types of asthma, how it is diagnosed, how the medication works and how you are the key in the treatment plan to help manage your asthma and live well.

## **Blood Pressure**

### **[DASH Diet and Blood Pressure \(6 minutes\)](#)**

High blood pressure affects almost half of the adult population. This snack-sized topic will help you learn how easy it is to adopt the DASH Diet to reduce your risk for hypertension and improve your waistline.

### **[Turn the Pressure Down \(22 minutes\)](#)**

High blood pressure is known as the “silent killer” and affects almost half of the adult population. Whether you have high blood pressure or just want to avoid it, learn how easy it is to turn the pressure down.

## **Diabetes**

### **[Live Well with Diabetes: Session 1: Overview \(27 minutes\)](#)**

Diabetes is on the rise as a significant health concern for many Americans. This presentation will help you understand what diabetes is, the different types of diabetes, how it affects the body and how it is diagnosed. You will be introduced to the benefits of self-management behaviors to help manage diabetes.

### **[Live Well with Diabetes: Session 2: Monitoring and Medications \(48 minutes\)](#)**

Checking blood glucose is the cornerstone of diabetes self-management. Diabetes can affect many parts of the body, so it's important to monitor your overall health to decrease your risks for complications. In this session you will also learn about the different types of diabetes medications. Learn how to use your medications for the most effective management of diabetes, and when to see your physician for periodic review.

### **[Live Well with Diabetes: Session 3: Lifestyle Choices and Self-care \(37 minutes\)](#)**

There are several lifestyle choices and self-care behaviors that can help you manage your diabetes: healthy eating, physical activity and coping skills. Practicing these behaviors can help reduce the risks of complications from diabetes.

## ***Mental and Emotional Health***

### **Master Your Motivation: Seven Strategies to Reach Your Goals (35 minutes)**

If you've attempted to lose weight, eat better, exercise regularly, manage stress or make other improvements in your health in the past, you may have experienced setbacks or been frustrated by what feels like the inevitable come-and-go nature of motivation. This presentation will help you define your powerful motivators for change and leave you with seven practical strategies that will empower you to consistently make choices to reach your personal health goals.

### **Mental Well-being (29 minutes)**

One in five Americans will experience a mental illness during their lifetime. In this presentation we will talk about mental health and why it is important. You will learn about the most common types of mental illness and discuss ways to maintain positive mental health and keep your brain sharp as you age.

### **Power of Positivity (18 minutes)**

Positivity is more than having a positive attitude. It is a skill we can learn and improve upon with regular practice. Join us for a presentation about the science of positivity. Learn practices that will improve your health and well-being.

## ***Stress Management***

### **The Art of Setting Boundaries for Stress Management (20 minutes)**

Chronic stress negatively affects physical and mental health. An important part of reducing stress is setting healthy limits with others, ourselves and with our environment – but this can be a challenge for many people. Join us to learn how to set and honor healthy limits to reduce stress and improve your quality of life.

## ***Prevention***

### **Breast Cancer (35 minutes)**

Did you know 1 in 8 women will develop breast cancer in their lifetime? This presentation will provide an overview of the important facts related to breast health. We will discuss risk factors, early detection, signs, and symptoms, treatment options and the lifestyle choices and behaviors associated with reducing your risk of developing breast cancer.

### **Healthy Habits Before, During and After Pregnancy (32 minutes)**

Pregnancy is an exciting time of expectation and change. Join us to learn information that will help you make smart health care decisions for yourself and your baby. Practicing good habits before you become pregnant and maintaining those habits during pregnancy will give your baby a healthy start.

### **Healthy Habits for Busy People (30 minutes)**

For many people busy juggling work and life, maintaining good health can be challenging. This presentation will review 6 healthy habits for optimal well-being, discuss the science of creating habits as the building blocks of healthy behavior, and pause to consider ways to minimize busy-ness. You'll leave with a simple action plan to keep you moving in the direction of your goals.

### **Know Your Numbers (30 minutes)**

Living life in good health has a lot to do with prevention. Be proactive about your health by scheduling an annual wellness exam along with recommended screenings. Knowing what your health numbers mean, and how to change them, can help you stay well and lower your risk of developing a chronic disease.

### **New Year New You (40 minutes)**

Have you ever set a goal at the beginning of a new year to improve your health - perhaps to lose weight, exercise more or have a more positive attitude? If you find it hard to achieve your goals, join us to learn how to set goals towards healthy lifestyle change, take small steps towards your goals, and celebrate your success.

### **Oral Health for Overall Health (6 minutes)**

Learn about the Oral Health for Overall Health program that provides additional dental benefits for members with specific health conditions at no additional cost.

### **Reduce Your Cancer Risk (36 minutes)**

While there are no guarantees that anyone can avoid cancer, current research gives us some insight into how to reduce our cancer risk. Join us to learn the top lifestyle behaviors and guidelines you can follow to help lower your risk of developing cancer.

### **Staying Healthy Starts Now (14 minutes)**

Join us to learn why it's important to have a Primary Care Provider (PCP) and schedule your annual wellness exam early in the year. Your PCP can identify health issues early and coordinate your health care. Learn how to find a PCP, prepare for your PCP visit, and when to use Urgent Care or Emergency Care. You'll get the information and resources you need to stay healthy.

### **Taking the Steps to be Tobacco Free (15 minutes)**

Living a tobacco free lifestyle can be tough, so it's important to get the tools and support you need to be successful. Learn how to get motivated to quit and identify ways to become tobacco free.

## 2024 Wellness Program How to Earn Points

We've kicked off the 2025 employee wellness program and want to share some tips on how to earn points. If you miss the biometric screening event on March 19, you can visit the Sarasota Florida Blue Center any weekday in August for a biometric screening. You need to have a biometric screening by August 31, 2025, to be eligible for the reward of a paid shift off (500 points gives you 1 paid shift off; 1,000 points gives you a second paid shift off). While you're waiting for the screening, there are a lot of activities you can complete to rack up some points. Remember, this is a voluntary program – no pressure to participate.

### ***Activities You Must Complete for One/Two Paid Shifts Off***

1. Complete the online health assessment by 8/31/2025 on [www.floridablue.com](http://www.floridablue.com), Find & Get Care, Better You Strides, for 100 points.
2. Have a biometric screening. You can earn up to 150 additional points for in-range results for cholesterol, blood pressure, and waist circumference.

### ***Online Florida Blue/Better You Strides Challenges and Programs***

While you're waiting for your biometric screening, you can work on some challenges and programs on the Florida Blue site, [www.floridablue.com](http://www.floridablue.com), Find & Get Care, Better You Strides, Allowable Activities. For the following three programs, you enter activity online, and must enter some type of activity for every day of the program:

#### **Up to 8 personal challenges, 25 points each, 200 points total**

There are more than 35 topics, and each challenge runs for 7 to 60 days. Topics include nutrition, physical activity, sleep, social, stress, tobacco, and weight. For your selected topic, you need to complete a daily activity, which can be as easy as climbing a set of stairs or reading a food label each day. You need to log in your activity for every day of the challenge, and Florida Blue will award the points once you complete the challenge. You can participate in several challenges at once.

#### **Up to 4 corporate challenges, 100 points each, 400 points total**

These challenges run for 30 days each, starting 2/1, 4/1, 6/1, and 8/1. Three are physical; one is social. Watch for email communications about the challenges. You need to log in your activity for every day of the challenge, and Florida Blue will award the points once you complete the challenge successfully.

### **Up to 4 self-guided Interactive or Educational programs, 50 points each, 200 points total**

There are several to choose from, and the topics also include nutrition, physical activity, cardiac/blood sugar/cholesterol management, sleep, social, stress, tobacco, and weight. The Educational programs are reading-based, easy to work through during a few breakfasts/lunches. The Interactive programs entail a little more work and are generally longer in duration, similar to the personal challenges. Florida Blue will award the points once you complete the program.

### ***Other Florida Blue Programs***

You can also work through **up to 10 on-demand wellness presentations, 15 points each, 150 points total**, which are also sponsored by Florida Blue. Each has its own website link (not housed on the Florida Blue website). Go to [G:\Human Resources\Wellness Program\2024\2024 TLBK On-demand Webinars 9.26.23 with Links - Ready for BYS Platform.pdf](#). The topics for these presentations are similar to those for the personal challenges and interactive/educational programs; however, they are done in a slide presentation format. Webinars run 6 – 48 minutes each. A post-presentation survey must be completed – and every slide watched – in order to earn points. Florida Blue will award the points once you complete the challenge.

Participate in at least **3 Better You Next Steps Health Coaching sessions for 50 points total**. Talk one-on-one to a Florida Blue coach about a topic of interest to you – weight, dietary needs, sleep problems, tobacco cessation, stress, finances, etc., etc. Each session lasts 30 – 60 minutes and the coaches work around your schedule as much as possible. Sessions must be at least one week apart, and all three must be completed by 9/30/2024. Call 1-800-477-3736 x54837 to begin the process. Florida Blue will award the points once you complete the program.

### ***Non-Florida Blue Programs – Self-reported on Florida Blue Better You Strides Website***

The activities in this section are self-reported by you directly on the Florida Blue Better You Strides website. Log in to [www.floridablue.com](http://www.floridablue.com), Find & Get Care, Better You Strides, Allowable Activities, to locate and report your activity. You are not required to upload proof of the activity.

**150 points** for having an annual exam between 10/1/2024-9/30/2025.

**15 points per month, up to 135 points** for riding your bike to work OR exercising at Longboat Key Fitness Center (or any other fitness center) at least 2 times in 1 month between 1/1/2025-9/30/2025.

**25 points per activity, up to 100 points** for participating in a community-sponsored event such as donating blood, completing a 3K, 5K, or greater walk/run, or volunteering at a community-sponsored event. Watch for email communication about blood drives at Town Hall.

**10 points per month, up to 50 points** for blood pressure screenings at Town Hall or pharmacy kiosk. Watch for email communications about screening dates.

**25 points** for getting an annual flu shot or age-appropriate vaccine between 10/1/24-9/30/25.

Additional information is located on <\\bkfs\G\Human Resources\Wellness Program\2024>. If you can't access the G drive, let me know and I'll send you the information.

If you have any questions, please contact Lynn Curreli, [lcurreli@longboatkey.org](mailto:lcurreli@longboatkey.org) or 941-316-1999, x1812. Be well.





## How to Self-report Wellness Activity - 2025

The following wellness activities can be self-reported to Florida Blue:

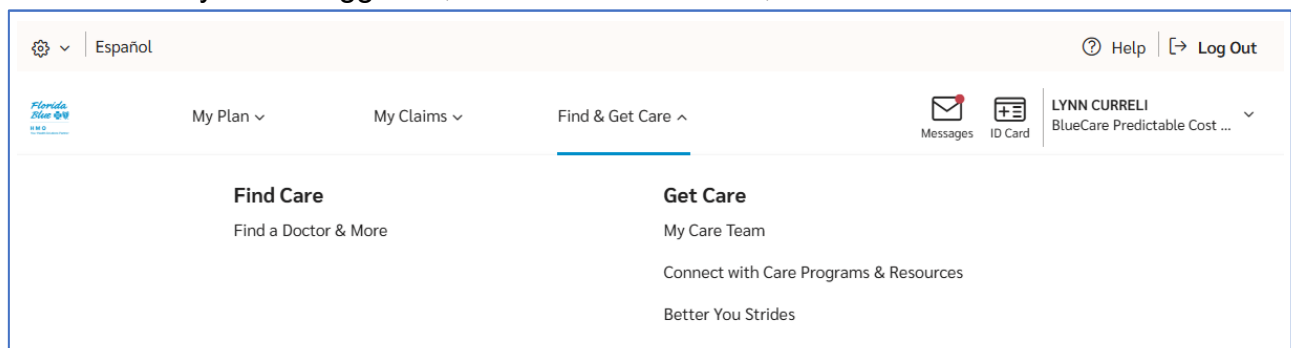
- Ride your bike to work
- Exercise at LBK Fitness Center or other gym
- Annual wellness/preventive exam
- Annual flu shot or age-appropriate vaccine
- Blood pressure screening
- Community-sponsored event (volunteer; run/walk a 3k, 5k or greater; donate blood)

To self-report activity:

- **FL Blue Members:** Log into your Florida Blue account ([floridablue.com](https://floridablue.com)). Or download the AlwaysOn mobile app from the Apple App store or Google Play.
- **Non-FL Blue Members:** Visit <https://login.onlifehealth.com/Home/Login> and click Get Started to create your account. Or download the AlwaysOn app from the Apple App store or Google Play.

Then:

- Once you are logged in, click Find & Get Care, then Better You Strides.



- Bypass the *Begin Your Health Assessment* page if you haven't already done your assessment by clicking *I'll do this later*.
- Go to *Rewards*, then click Allowable Activities.
- Scroll down to *Allowable activities for rewards*, then scroll further to locate the activity you want to report, then click Report Now.
- Next, answer a few simple questions and click Submit.

Self-report either gym use or riding your bike to work twice a month. You will need the latest gym use or bike ride date when completing the attestation form. You can only receive credit once per month for the program period between 1/1/25 & 9/30/25.

1. Please select either gym use or riding your bike to work twice a month: \*

☐

Gym Use

☐

Riding Bike

2. What is the latest date that you either worked out in a gym or rode your bike to work twice in one month? \*

3. To the best of my knowledge, the information I have entered is correct. I understand that if I enter false information I may lose all points related to this activity as well as be declared ineligible \* to participate and receive any rewards from this incentive program.

☐

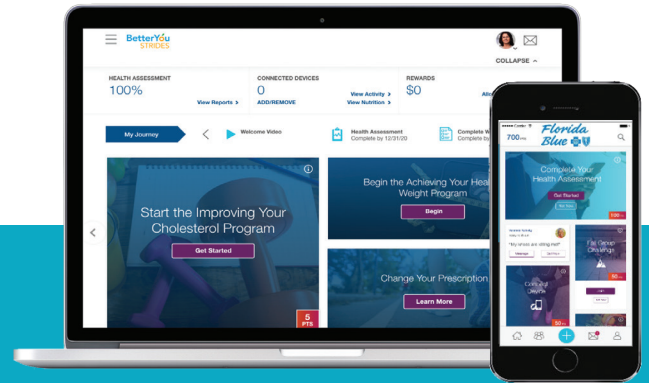
I agree

Submit

Points for the activity will be added immediately to your Rewards History.



## Start Your Journey to Better Health!



**\$** It's quick and easy, plus there's no extra cost to you!

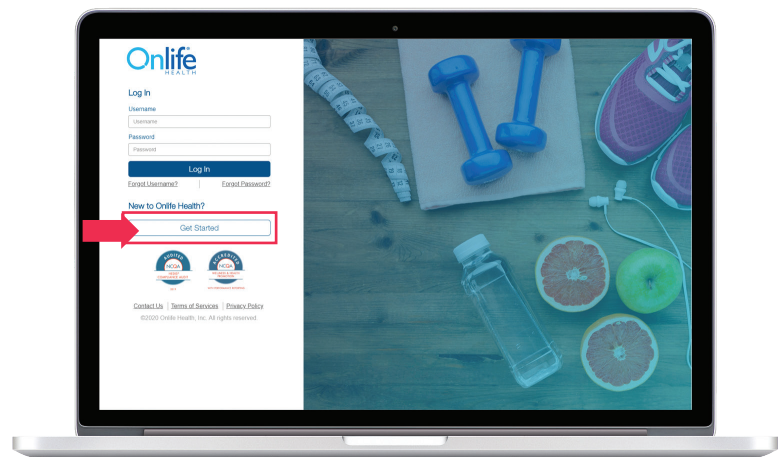
No matter where you get your health coverage from, we invite you to register for Better You Strides, a personal health and wellness program to help you improve your health. Better You Strides includes:

- A Personal Health Journey—your custom-made plan with recommended actions to fit your needs and help you reach your health goals.
- Rewards for getting healthier. Complete activities to earn entries for a monthly prize drawing.
- The AlwaysOn mobile app enables you to access your Personal Health Journey, track your progress and get program support from any device, anytime.

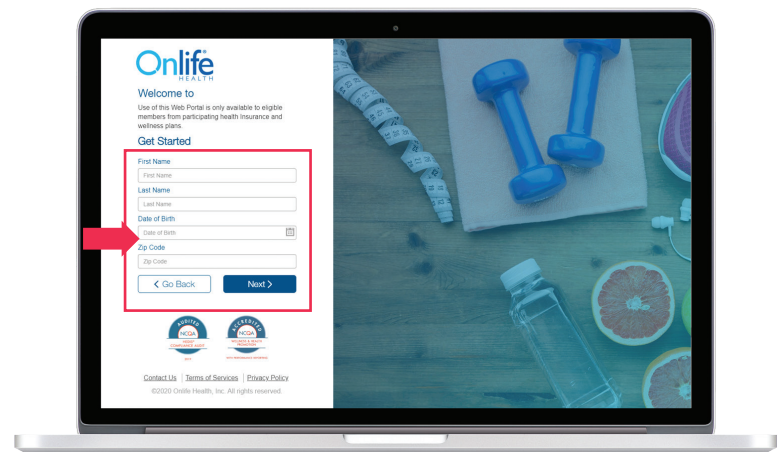
### Questions?

If you need help with registration, give us a call at 866-560-9355.

 Register today!

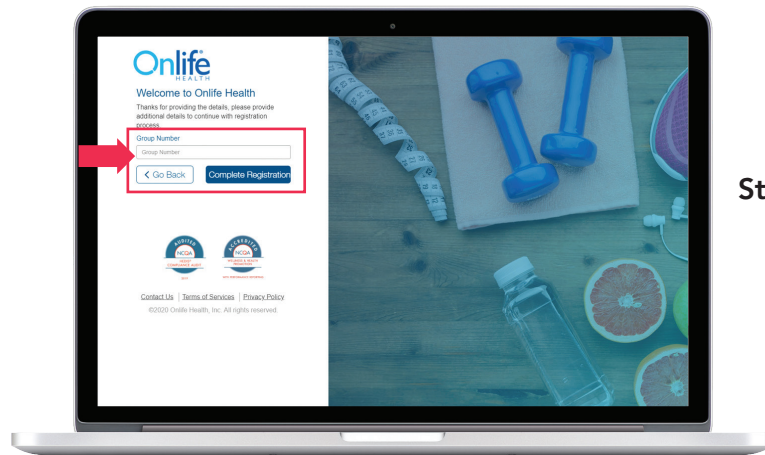


**Step 1** Go to [login.onlifehealth.com/Home/Login](https://login.onlifehealth.com/Home/Login) and click **Get Started**.



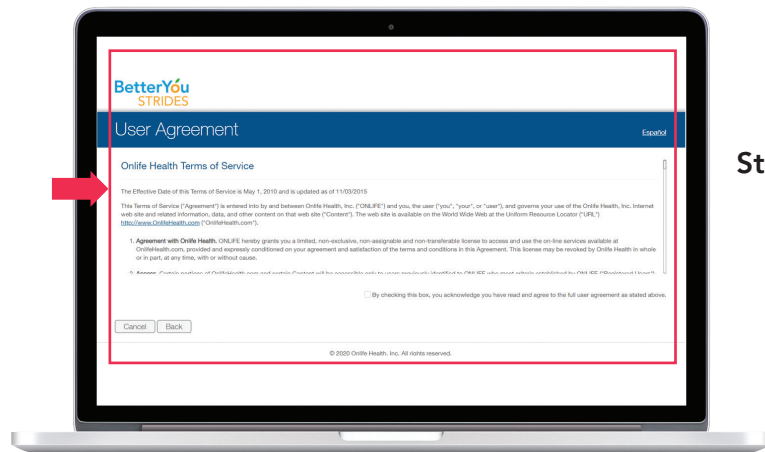
**Step 2** Enter your name, date of birth and 00000 for zip code. Click **Next**.



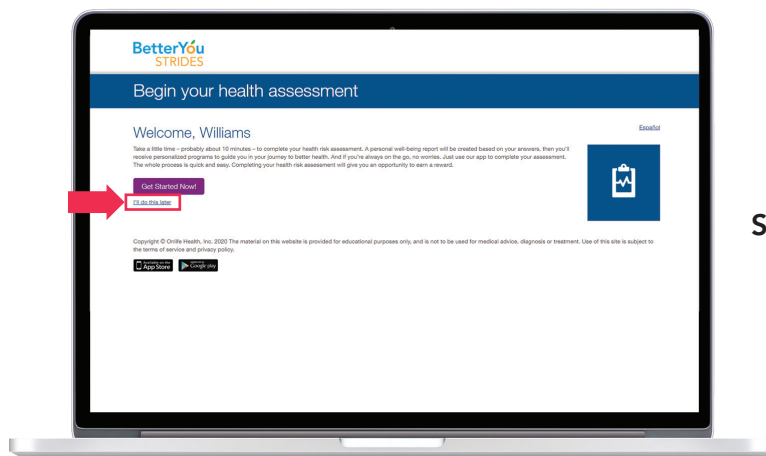


**Step 3** Enter your employer's group number:

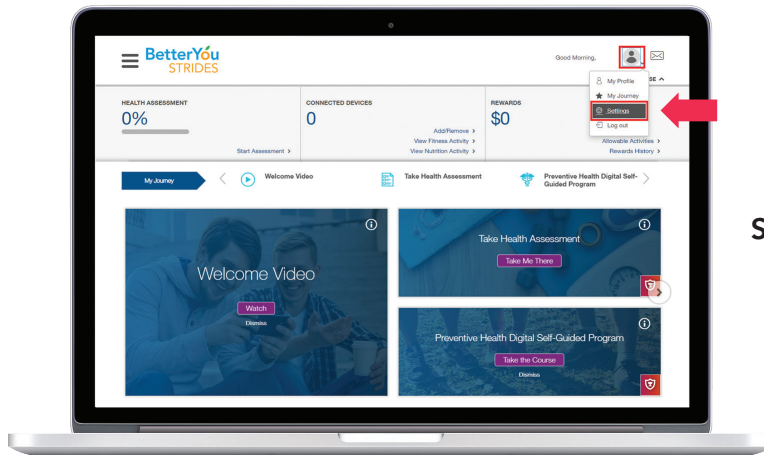
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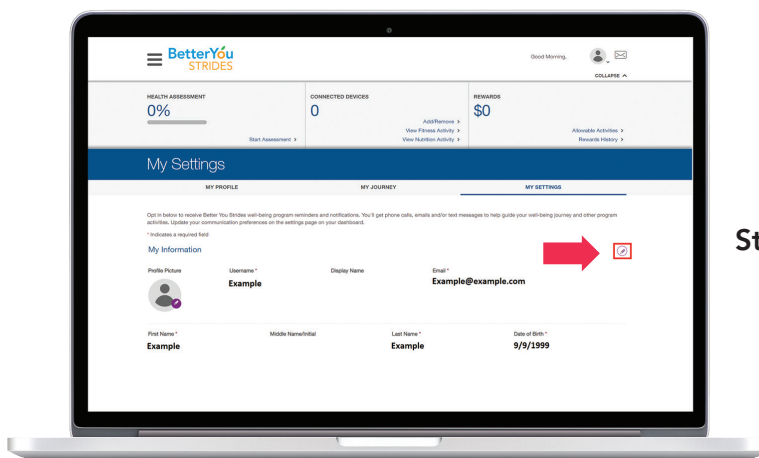
**Step 4** Read and accept the terms of service. Choose your communications preferences.



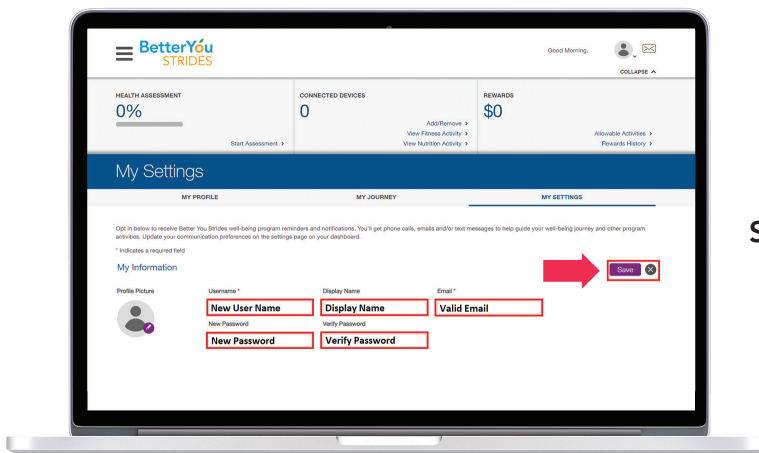
**Step 5** Before you take your health assessment, please update your user name and password so you'll have immediate access the next time you open Better You Strides. Click on **I'll do this later**. You'll be taken to your homepage.



**Step 6** Update your user name and password. In the upper right corner of your screen, click on the profile icon and select **Settings** from the drop-down menu.



**Step 6a** Click on the **pencil icon** to edit your settings.



**Step 6b** Create a unique user name and display name, enter your email address and create a password. Click **Save**.

P.S. Remember to take your health assessment!

Florida Blue has entered into an arrangement with Onlife 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 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. Florida Blue and Florida Blue HMO do not discriminate on the basis of race, color, national origin, disability, age, sex, gender identity, sexual orientation, or health status in the administration of the plan(s), including enrollment and benefit determinations. NO PURCHASE NECESSARY. Badges earn drawing entries only and have no other redemption or cash value. Ends 12/31/20 at 11:59 pm ET. Other restrictions/eligibility limits apply. For full rules, prizes, odds and other details, log in to Better You Strides and review the "My Plan Page" section. Void where prohibited.

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, gen sèvis ed pou lang ki disponib gratis pou ou. Rele 1-800-352-2583 (TTY: 1-800-955-8770).

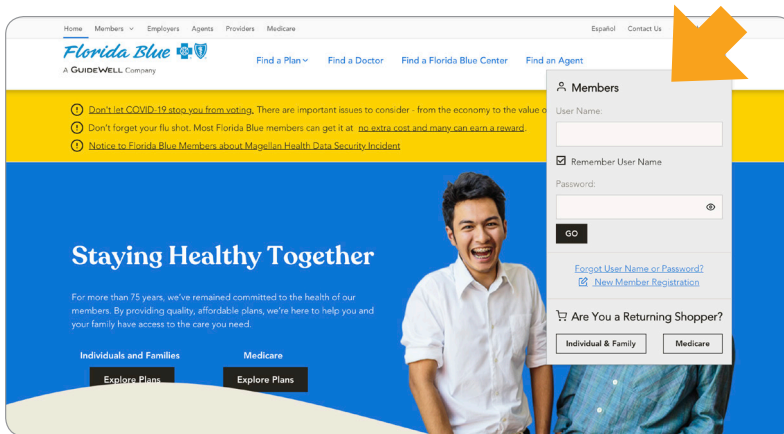
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Log in. It's so easy!  
Register at **floridablue.com**



We are here to help you get the most out of your benefits. Log in. It's so easy! Register at **floridablue.com**. With your personalized member account—ID cards, benefits, doctors, cost-saving tools and more—are all at your fingertips! Simply log in at **floridablue.com** or the Florida Blue mobile app.



To register:

Click **Log in**, then **New Member Registration**.

If you have trouble logging in, call 800-352-2583 for help.

## New Member Registration Steps

To get started, click on **Manage my plan**.

**Step 1:** Fill in your personal information and click **Continue**.

**Step 2:** Enter your email address and click **Continue**. Check your email for a confirmation code.

**Step 3:** Once you have the confirmation code from your email, enter the code and click **Continue**.

**Step 4:** Choose a **User Name** and **Password**. The **Password** must be typed in twice for security purposes. If you'd like to receive communications electronically, click the **Yes** box and then click **Continue**.

**Step 5:** Create three different security questions and type an answer below each. Click **Continue**.

**Note:** The security questions will be used if you forget your **User Name** or **Password**.

**Step 6:** Success! Click **Go** to log in to your account and start exploring.

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. We comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability or sex.

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# Florida Blue Better You Wellness Program Participation

## Your Rights

**Florida Blue Better You is committed to promoting health and wellness in the workplace.**

We provide information, direction and education for members while striving to maintain dignity and privacy. **As a participant, you have the following rights:**

1. The right to receive respect for your privacy. We've designed policies and procedures that will safeguard your personal information.
2. The right to receive information about the Better You program, including services provided on behalf of your employer, Better You staff member names and qualifications, and information about the vendors that assist us.
3. The right to know how you may decline participation or disenroll from services offered by Better You.
4. The right to be provided with courteous and respectful service from Better You staff and our associated contractors.
5. The right to communicate suggestions or complaints to Better You and to receive prompt assistance. Please ask a Better You staff member for additional information regarding the complaint process and timeline for response and resolution.

## Health Assessment

A Health Assessment (HA) provides a valuable snapshot of your overall health. By participating year after year, you can track your progress toward better health!

### It's fast and easy!

- 1** Answer general questions about your health and lifestyle habits. The results from your biometric screening may be prepopulated into your HA or you may enter your results. You'll get a personalized health report that you can keep, learn your risk factors and get valuable information to help you make positive changes.
- 2** Get a better understanding of how you can protect yourself from chronic conditions like heart disease, cancer, diabetes and more.
- 3** Sign up for ongoing health coaching. As a Florida Blue member, health coaching is available through the Next Steps program. Simply email [nextsteps@floridablue.com](mailto:nextsteps@floridablue.com) or call **1-800-477-3736, ext. 54837**. TTY call 1-800-955-8771 or 711. Next Steps health coaches are available Monday–Friday, 8 a.m.-5 p.m. ET.

You can be confident that the information obtained from your HA will be stored securely. Florida Blue only uses your information as allowed by law, and only uses aggregate data to report to your employer group. No individual data is ever shared with your employer. This allows your employer to improve overall employee health by offering specific programs. Your assessment and screening information may be used to offer you voluntary programs that may fit your health needs, and you may be contacted about these programs.



Florida Blue is a trade name of Blue Cross and Blue Shield of Florida, Inc., an Independent Licensee of the Blue Cross and Blue Shield Association.

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# Participación en el programa de bienestar Florida Blue Better You

## Sus derechos

**El programa Florida Blue Better You está comprometido a promover la salud y el bienestar en el lugar de trabajo.**

Ofrecemos información, orientación y educación a los asegurados, procurando al mismo tiempo mantener la dignidad y la privacidad. **Como participante, usted tiene los siguientes derechos:**

1. El derecho a recibir el respeto a su privacidad. Hemos diseñado políticas y procedimientos que protegen su información personal.
2. El derecho a recibir información sobre el programa Better You, incluyendo los servicios ofrecidos en nombre de su empleador, los nombres y el nivel de capacitación del personal de Better You, así como información relacionada con los proveedores que nos asisten.
3. El derecho a saber cómo puede negarse a participar o bien cancelar su afiliación a los servicios que ofrece Better You.
4. El derecho a contar con un servicio amable y respetuoso por parte del personal de Better You y de nuestros contratistas asociados.
5. El derecho a comunicar sugerencias o quejas a Better You y recibir asistencia inmediata. Puede solicitar información adicional sobre el proceso de quejas y el plazo de respuesta y resolución a un miembro del personal de Better You.

## Evaluación de Salud

La Evaluación de Salud (Health Assessment, HA) le proporciona un panorama de su salud en general. Al participar año tras año, ¡podrá llevar un seguimiento de su progreso hacia una mejor salud!

### ¡Es rápido y fácil!

1. Responda a las preguntas generales sobre su salud y hábitos de estilo de vida. Los resultados de los exámenes biométricos pueden ser preingresarse en su HA o usted podría ingresarlos manualmente. Recibirá un informe personalizado de su salud, sabrá cuáles son sus factores de riesgo obtendrá información valiosa para ayudarle a lograr cambios positivos.
2. Comprenda mejor cómo puede protegerse de condiciones crónicas como enfermedades del corazón, cáncer y diabetes, entre otras.
3. Inscribese para recibir asesoría de salud. Como Miembro de Florida Blue, un asesor de salud (Health Coach) esta disponible a través del programa Next Steps. Simplemente envíe un correo electrónico a [nextsteps@floridablue.com](mailto:nextsteps@floridablue.com) o llame al **1-800-477-3736, ext. 54837** y reciba información personalizada y apoyo para ayudarle a alcanzar sus metas de salud. Los asesores de salud están disponibles de lunes a viernes, 8 a.m.-5 p.m. ET. Deje su mensaje en español.

Además, puede tener la confianza de que la información obtenida por medio del HA será almacenada de forma segura. Florida Blue sólo utiliza esta información según lo permita la ley y sólo entrega a su grupo empleador un resumen conjunto de todos los empleados. Ninguna información individual o personal será compartida con su empleador. Esto le permite a su empleador mejorar la salud general de los empleados al ofrecerles programas específicos. La información acerca de su evaluación y de sus exámenes médicos puede ser utilizada para ofrecerle programas voluntarios que se ajusten a sus necesidades de salud y es posible que alguien se comunique con usted acerca de los mismos.

