

Map Your Personal Path to Health

Welcome to Better You Strides, an online wellness program that uses your needs, goals and interests to build your custom-made plan to better health.

☰ A Personal Plan for You

Better You Strides creates a Personal Health Journey for you—a custom-made plan with recommended actions to reach your health goals. Activities cover healthy eating, tips to move more and ways to feel happier.

Discover the fun of building healthy habits through activities, videos and quizzes. As you progress, your Journey evolves, offering challenges and activities to help you stay motivated.



★ Your Mobile Fitness Partner

Tap into your personal health Journey from your smartphone, tablet or computer to track your progress or get support any time, anywhere. Better You Strides can integrate with more than 100 health and wellness wearable devices and mobile app trackers. That makes tracking your progress even easier.



🍏 Rewards for Healthy Habits

Earn rewards as you get healthier. Complete Journey activities with a badge to earn an entry for the monthly prize drawing.

🚩 Start Your Journey to Better Health Today!

You can register for Better You Strides online or from the AlwaysOn Wellness mobile app.

Registering online

1. Log into your member account at floridablue.com. Click **Health and Wellness** then **Better You Strides**.
2. Read and accept the Terms of Service, then choose your communication preferences.

From the AlwaysOn Wellness mobile app

1. Download the AlwaysOn Wellness mobile app from the Apple App store or Google Play. Click **New User**.
2. Complete the authentication step.
3. Create your user name, password and PIN.

! If you have questions or need help registering for Better You Strides, call 800-352-2583.

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

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.

NO PURCHASE NECESSARY. Badges earn drawing entries only and have no other cash value. Entries close 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 èd pou lang ki disponib gratis pou ou. Rele 1-800-352-2583 (TTY: 1-800-955-8770).