

City of Jacksonville 2022 Wellbeing *Better You Strides Rewards Program*

Beginning January 1, 2022, the City of Jacksonville will be offering to all full-time employees the opportunity to participate in the NEW WELLBEING PROGRAM through Florida Blue's Better You Strides. All full-time employees will be eligible to engage in the program offerings, join activities and challenges and earn points for cash rewards. Employees do not need to be enrolled in one of the Florida Blue Health Plans to participate and earn points. Only City of Jacksonville employees are eligible for gift card options (cash rewards) as this benefit is not eligible for spouses/dependents that participate in Better You Strides.

The 2022 Wellbeing Plan Year is from **January 1, 2022** through **November 30, 2022**. This is the time frame that full-time employees can participate and earn points for 2022. All employees need to redeem their 2022 points for cash rewards by **November 30, 2022**. If they are not redeemed they will **not roll over to the next year**. All Wellbeing activities will continue into December but the points earned in December 2022 will count towards the 2023 plan year. Employees will not be able to redeem any rewards in December 2022. Participation in Better You webinars and Next Step's Health Coaching during the month of December will be awarded to your 2023 program in January.

Employees can cash out their earned points in \$75 increments or wait and cash out at the maximum annual amount of \$300. Unredeemed cash rewards do not roll over and accumulate from one calendar year to the next. Once you reach the maximum annual cash reward of \$300, you can continue to earn points. All employees are encouraged to complete as many tasks as possible since the employee with the highest earned points at the end of the Calendar Year will be recognized and celebrated for their hard work and commitment to Wellbeing.

Points to Dollar Ratio: Maximum Annual Cash Reward \$300

Bronze	Silver	Gold	Platinum
1200	1200	1200	1200
1200	2400	3600	4800
\$75	\$150	\$225	\$300

Better You Strides offers 4 corporate challenges throughout 2022 for the City of Jacksonville employees to participate.

- Seasonal Mindfulness
- Physical Activity - 100-Mile Challenge
- Seasonal Nutrition
- Physical Activity – Become A Workweek Warrior

So, get started and enjoy a year of Healthy Behaviors. Your family and friends will be so proud of you!