

# End the Year With a Focus on Your Health!

WITH YOUR 4TH QUARTER 2020 FLVS EMPLOYEE WELLNESS PROGRAM

## Online Resources To Map Your Personal Path To Health

All Employees: Florida Blue Members and Non-Florida Blue Members can earn rewards! Current incentive opportunity begins October 1, 2020 and ends December 31, 2020



### Login

#### FLORIDA BLUE MEMBER

##### Online

1. Log in to your Florida Blue online account at [floridablue.com](https://floridablue.com). Click Health & Wellness, then Better You Strides. If this is your first time, you will be prompted to create a username and password. Follow the directions on the screen to create your Better You Strides account.
2. Read and accept the terms of service. Choose your communications preferences.

##### Mobile App

1. Download the **AlwaysOn mobile app** from the Apple App store or Google Play.
2. Log in with your username and password, or follow the directions on the screen to create your Better You Strides account.

#### NON-FLORIDA BLUE MEMBER

##### Online

Visit [login.onlifehealth.com/Home/Login](https://login.onlifehealth.com/Home/Login)  
Then click Get Started.

##### Mobile App

1. Download the **AlwaysOn** mobile app from the Apple App store or Google Play. Click Register now and enter 63490
2. Follow the directions on the screen to create your Better You Strides account.

### Get Started!

Better You Strides uses your needs, goals and interests to build a custom-made plan to better health.

- Share a little information about yourself, your goals and lifestyle and complete your **Health Assessment** in Better You Strides.
- A Personal Health Journey-your custom made plan with recommended actions to fit your needs and help you reach your health goals.
- **Complete activities** at your own pace and track progress along the way. With the **AlwaysOn** mobile app, you can access and track activities any time, anywhere.

### Get Rewarded!

Earn 3 badges in the **Personal Challenges Journey Category** for a \$25 gift card. Complete 5 **Personal Challenges** for a \$50 gift card. All Challenges must be completed & subsequent badges earned between the dates of October 1–December 31, 2020. Locate the approved challenges by clicking on Challenges under the Dashboard > Allowable Activities > Personal Challenges. See highlighted image to the right.

#### ALL ACTIVITIES

Personal Challenges



Challenge Yourself



Corporate Challenges



Join



Read an Article



### Need Help? Have Questions?

Members Call:

800.352.2583

Non-Members Call:

866.560.9355



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