

# BetterYou STRIDES



## Know Your Numbers A checklist for your incentive program

Milestones	Points	When Points Show in Rewards Dashboard
<b>GET ASSESSED</b>		
<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.

**How do I redeem my points?** From your Better You Strides home page, click on Rewards at the top of the page > Select Redeem > Select View Gift Cards. Select from the available gift card options.

E-gift cards: 24 hours to receive the digital code.

**If I have questions, who should I ask?** For questions and technical support, call 855-337-8340. 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](mailto:betteryoustrides@cafewell.com). Be sure to include your Full Name, Date of Birth, FL Blue Member ID, and your employer.

The program starts February 1, 2019, and ends on December 31, 2019. 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.

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