



Start Earning Rewards Today!



The Better You Strides program is a positive way to improve your health and receive rewards. UF Health and UFJPI employees must earn 250 points and complete the required activities by **Sunday, Nov. 15**, to receive the wellness credit and save money on insurance premiums. Log in to your account at floridablue.com today to start earning points.

REQUIRED ACTIVITIES

ACTIVITIES	POINTS	MAX POINTS AVAILABLE
Online Personal Health Assessment	100	100
Flu Shot (documentation needed)	100	100

ADDITIONAL ACTIVITIES

ACTIVITIES	POINTS	MAX POINTS AVAILABLE
Personal Challenge Programs through Onlife	25	200
Digital Self-guided Programs through Onlife	50	200
Wellness Champions (register as a wellness advocate for your department)	100	100
Employee Wellness challenges (step challenges, Beat the Scale, etc.)	50	250
Coaching (meet with an Employee Wellness health coach)	25	100
Mental Health First Aid Training	100	100
Employee Wellness Chronic Disease Programs (Heart Smart, Diabetes Management, etc.)	100	200
Diabetes Self-Management Program (complete three sessions with an Employee Wellness diabetes care and education specialist)	100	100
Back in Motion Program	50	50
Participate in Wellness Activities or Webinars (yoga, lunch and learns, monthly physical activity challenges, etc.)	10	200

Contact Employee Wellness at 244.9355 or wellness@jax.ufl.edu for more information.

