



Get Rewarded for Working on Your Health

Your wellness incentive program, **Better You Strides**, powered by Onlife, is now open! To get started, complete a free biometric screening and your personal health assessment. The appointment scheduler and wellness platform will be available on May 1, 2023.

Program Checklist

Step 1: Complete your biometric screening at an on-site event or at a participating Quest Diagnostics lab.

You may earn your biometric screening credit by choosing one of the two options below:

1. *On-site at one of the hospitals or at some off-site locations.*

Screenings will be held at Professional Park, the 1329 Building and the UF Health Shands Hospital Atrium **May 10-23** and **many off-site locations in June**. [Click this link to register for your screening](#). You will receive a \$25 Amazon gift card for completing your screening at one of the on-site events! **Note: Parking passes are not available to event attendees.**

2. *At a participating Quest Diagnostics lab.*

Schedule your screening at a participating lab at a time and location that works best for YOU! Participating labs are located across the state, including two locations in Gainesville. Screenings at a participating Quest Diagnostics lab are open **June 1-August 31, 2023**. Appointments are required. [Click this link for directions on scheduling your appointment](#). Screenings at a Quest Diagnostics lab are not considered work time. Participants who complete a biometric screening at a participating Quest Diagnostics lab will receive a \$25 Amazon gift card in the mail by October.

Step 2: Log in to your Better You Strides portal

Create your Better You Strides account by following the directions below. Directions are slightly different for GatorCare subscribers/contract holders and those who elect to waive GatorCare coverage.

For GatorCare subscribers/contract holders:

Using a computer:

- Log in to your floridablue.com account.
- Click on the Health & Wellness tab at the top of your home screen and then click Better You Strides.
- Read and accept the Terms of Service.
- Choose your communication preferences.

Using a mobile device:

- Download the AlwaysOn app from the Apple App store or Google Play store.
- Click “New User?” at the bottom of the screen.
- Enter your name, date of birth and ZIP code.
- Click “Verify.”
- Complete authentication steps. You will be asked to enter your group number (**66125**).
- Enter a username, password, mobile phone number and email address.
- Read and accept the terms of service.
- Create your PIN.

For benefits-eligible employees who waived GatorCare coverage:

Using a computer:

- Go to login.onlifehealth.com
- Click “Get Started.”
- Enter your name, date of birth and ZIP code.
- Click next.
- Enter your employer’s group number (**66125**).
- Read and accept the terms of service.
- Choose your communication preferences. It will prompt you to take your health assessment next. **Before you take your health assessment, please update your username and password** so you’ll have immediate access the next time you open Better You Strides.
- Click on “I’ll do this later” and you will be taken to your homepage.
- Update your username and password by going to the upper right corner of your homepage.
- Click on the profile icon and select “Settings” from the drop-down menu.
- Click on the pencil icon to edit your settings.
- Create a unique username and display name.
- Enter your email address and create a password.
- Click “Save.”

Using a mobile device:

- Download the AlwaysOn app from the Apple App store or Google Play store.
- Click “New User?” at the bottom of the screen.

- Enter your name, date of birth and ZIP code.
- Click “Verify.”
- Complete authentication steps.
- Enter your employer’s group number (**66125**).
- Enter a username, password, mobile phone number and email address.
- Read and accept the terms of service.
- Create your PIN.

Step 3: Complete your online health assessment and start earning points

Once you have completely created your account, take the health assessment by clicking “Get Started Now!” on your screen. If you decide to take the health assessment later, you can still access it in the gray bar in the top left corner of your homepage or by clicking the “Take Health Assessment” journey card.

Step 4: Complete wellness activities through the Better You Strides portal to earn points and get rewarded

Earn 300 points and record in your Better You Strides account by **Sept. 30, 2023** to receive your \$75 Amazon Gift Card. [View eligible activities and their point values here.](#)

Questions? Email [GatorCare](#).