

September Update Better You Strides

Wellness Incentive Guide

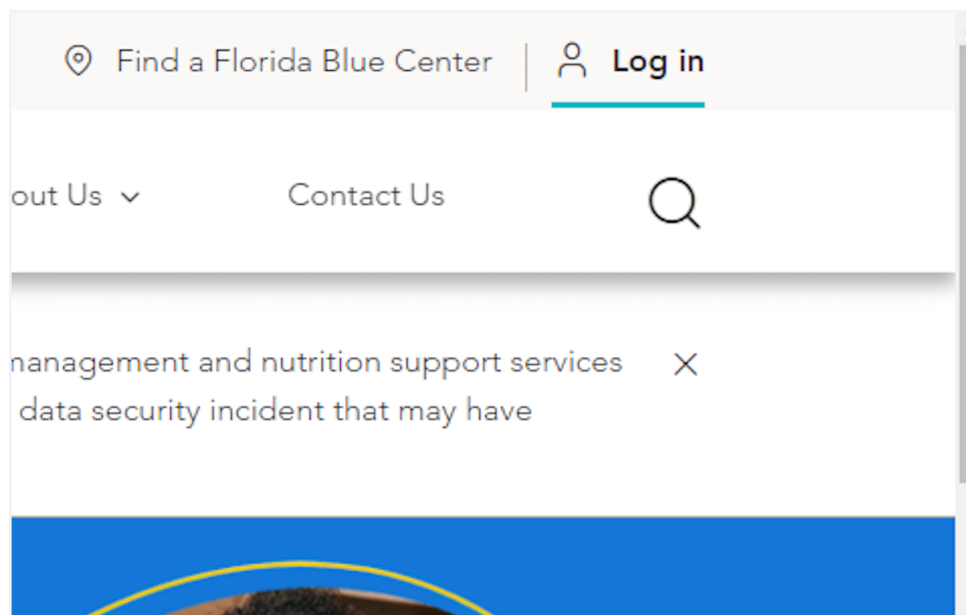
Benefits-eligible employees who participate in the Wellness Incentive are eligible for their employer group's incentive. Please get with your HR/Benefits department or **review the link below** to understand your incentive, requirements, and any additional tasks.

[Wellness Incentive Programs » GatorCare](#)

1. [Go to www.floridablue.com](http://www.floridablue.com)

UF Health Shands Gainesville (only) - Benefits-eligible employees who waived GatorCare coverage please review these instructions: [GatorCare Employees Who Waived Insurance](#)
- Once completed, skip to step 7

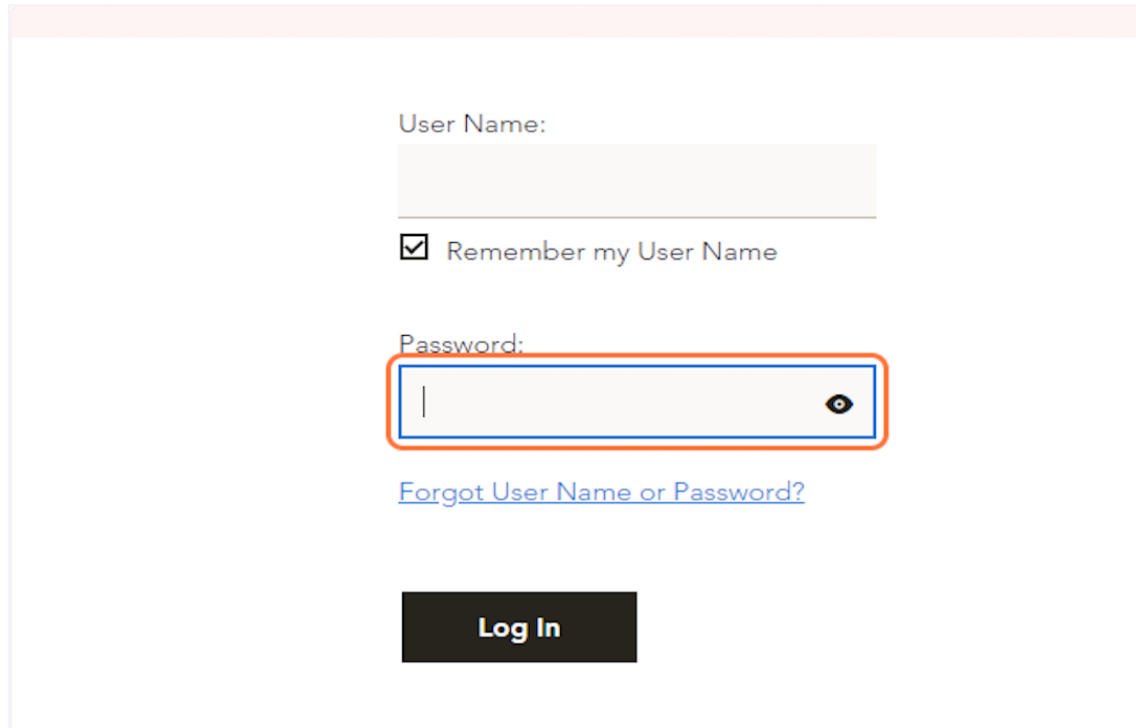
2. Click on Log in.



3. Enter your username and password.

You create your username and password. It is not assigned to you. You may need your insurance card if you need to reset your username or password.

Having Trouble Logging In: [Dr-S-instructions.pdf \(gatorcare.org\)](#)

A screenshot of a login form. At the top is a light pink header bar. Below it, the text "User Name:" is followed by a light gray text input field. Underneath the field is a checked checkbox with the label "Remember my User Name". Below this, the text "Password:" is followed by a light gray password input field with a small eye icon on the right. The password field is highlighted with a blue border and an orange shadow. Below the password field is a blue hyperlink that says "Forgot User Name or Password?". At the bottom of the form is a black button with the white text "Log In".

User Name:

☒ Remember my User Name

Password:

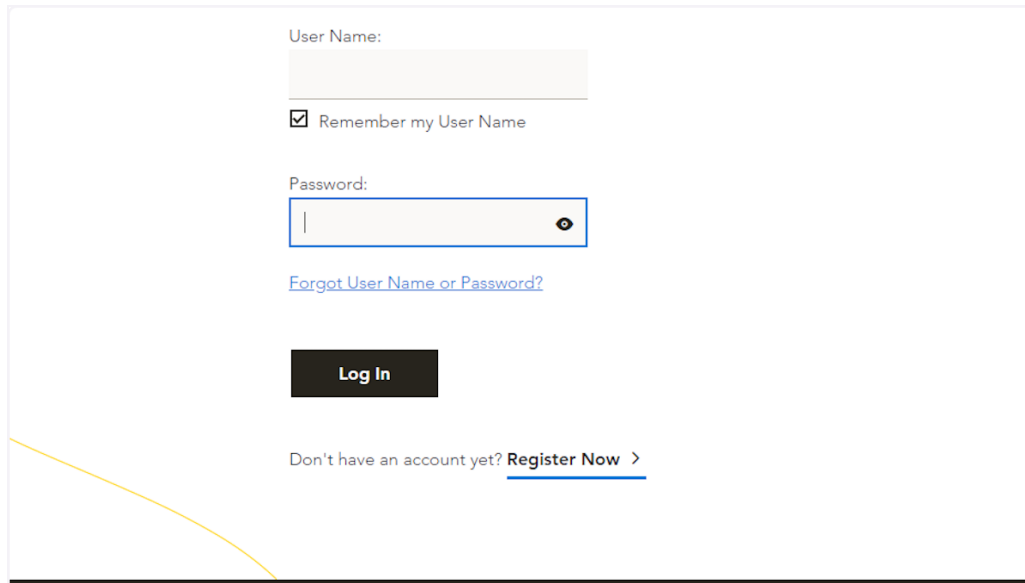
[Forgot User Name or Password?](#)

Log In

4. If you do not have an account, select Register Now.

You will need your insurance card information to register.

Create a Florida Blue Account: [BYS-Account-Creation-1.pdf \(gatorcare.org\)](#)



User Name:

☒ Remember my User Name

Password:

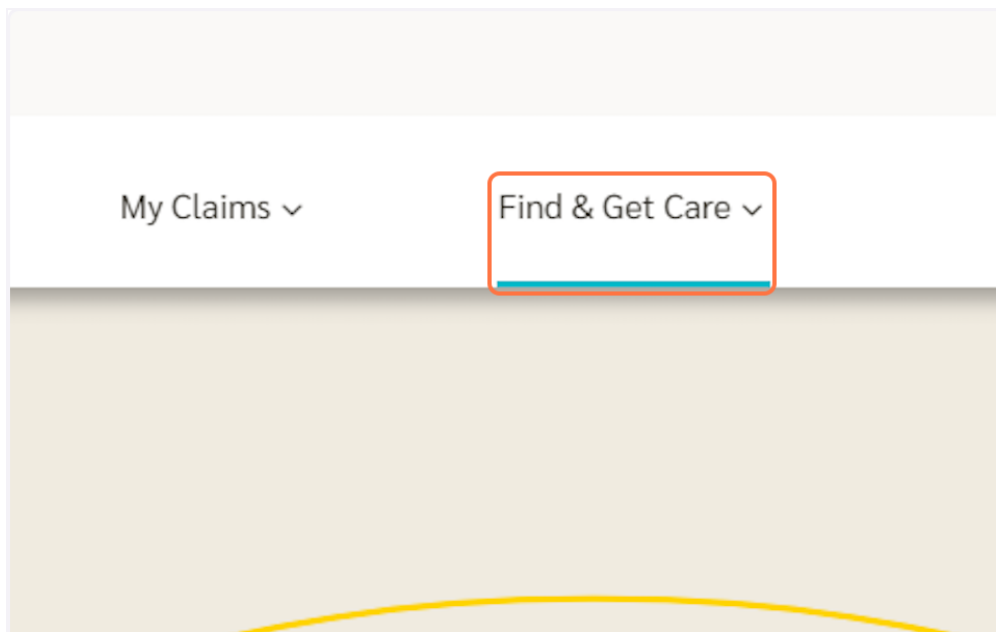
[Forgot User Name or Password?](#)

Log In

Don't have an account yet? [Register Now >](#)

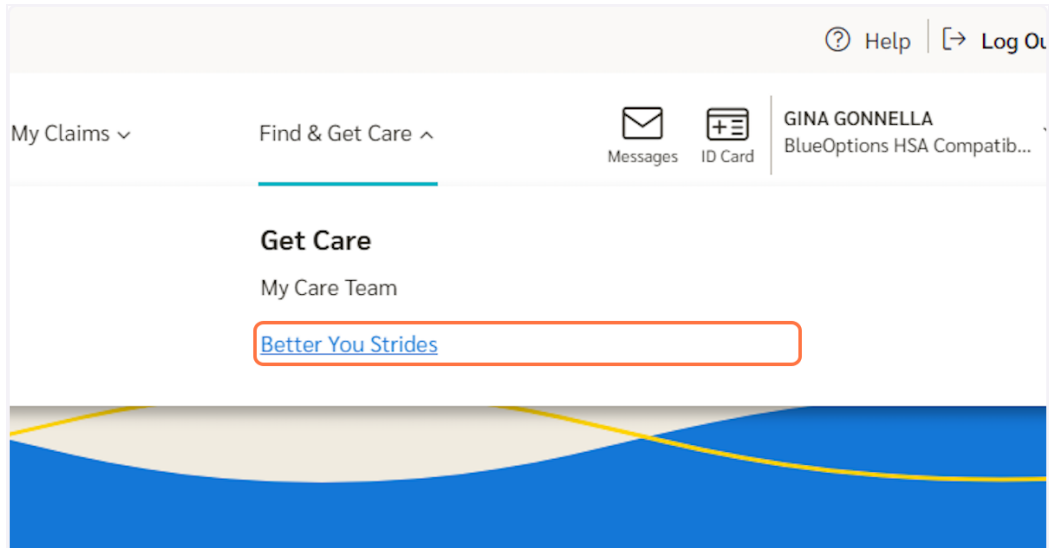
Florida Blue

5. Once logged in click on Find & Get Care



6. Click on Better You Strides

*If you do not see the Better You Strides icon, contact on your Onsite GatorCare Wellness Coordinator. [Our Team » GatorCare](#)



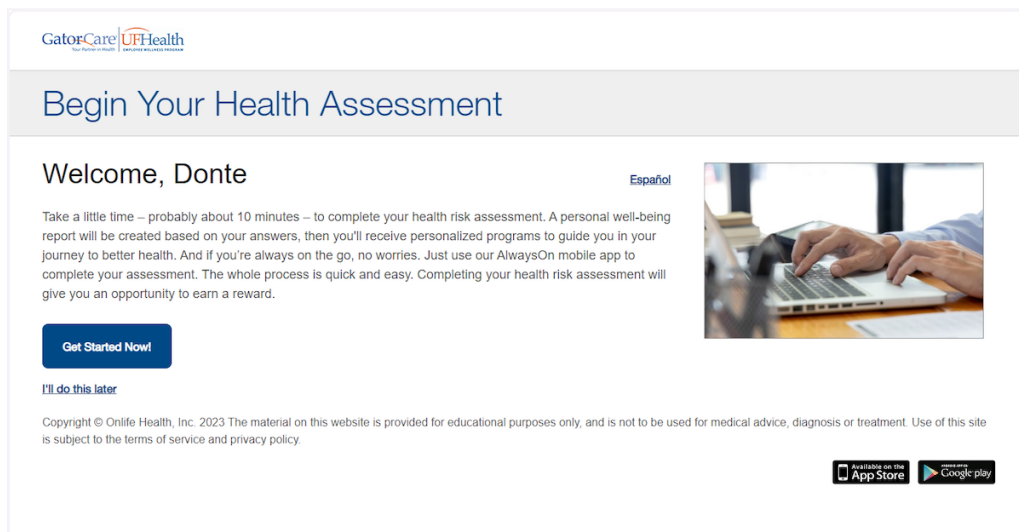
[# Onlifehealth](#)

7. Begin your REQUIRED tasks.

If you have not yet completed your Personal Health Assessment (PHA), select "Get Started Now!"

Check the Wellness Incentive Program website at gatorcare.org to learn more about your employer groups specific requirements.

[Wellness Incentive Programs » GatorCare](#)

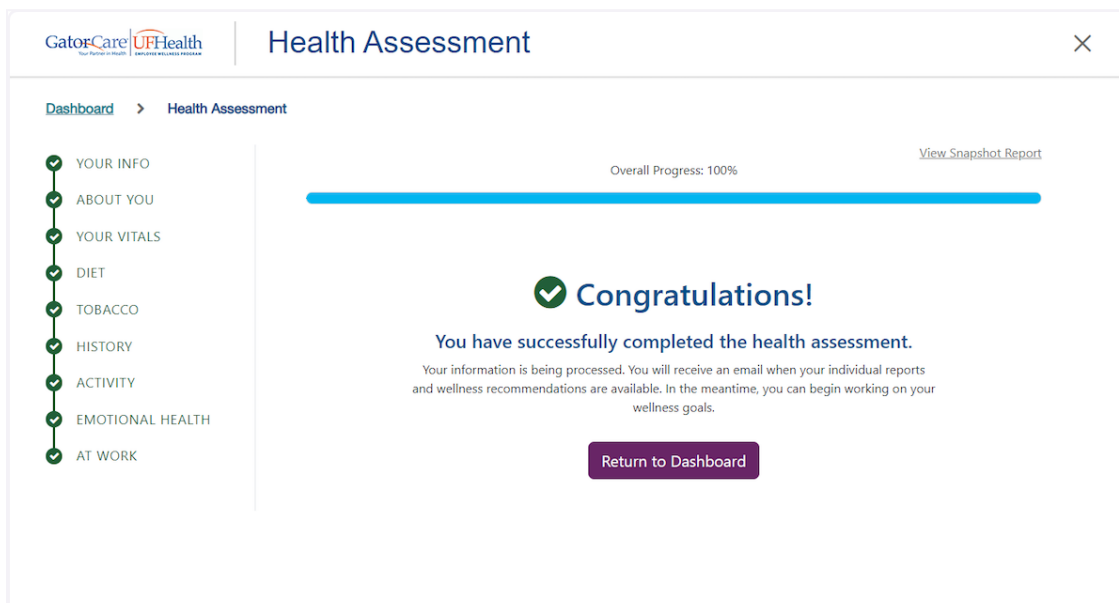


8. Ensure you have successfully completed your Personal Health Assessment (PHA).

You can check that you have completed your Personal Health Assessment(PHA) by verifying on this page as well as seeing "Green" check marks next to each section and final task. Points will reflect automatically on your dashboard.

If you do not see automatic updates, please troubleshoot with these steps.

1. Refresh your browser.
2. Log out and log back in.
3. Give it 24-48 hours to update.



9. Return to your dashboard once you have finished your PHA to complete any additional activities.

ation is being processed. You will receive an email when your individual recommendations are available. In the meantime, you can begin working on your wellness goals.



[Return to Dashboard](#)

[# Onlifehealth](#)

10. Verify that your points have been updated.

PHA points may vary per employer group. You will know that your PHA has been successfully completed if you see 100% under the Health Assessments tab.

The screenshot shows the Onlifehealth dashboard. At the top, there is a navigation bar with links for 'Resources', 'Allowable Activities', and 'Health Assessment'. To the right of the navigation bar is a notification icon with a red circle containing the number '2' and a user profile icon. Below the navigation bar, the dashboard is divided into two main sections. The left section is titled 'HEALTH ASSESSMENT' and displays '100%' in large green text. Below this, there are two links: 'View Assessment' and 'Review Reports'. The right section is titled 'Points' and displays '100' in large green text, followed by 'points' in smaller text. Below this, it says '500 points max per year - 5/1/2023-11/15/2023'. At the bottom right of this section, there are two links: 'Allowable Activities' and 'Rewards History'.

Resources ▾ Allowable Activities Health Assessment  

HEALTH ASSESSMENT
100%
[View Assessment](#) [Review Reports](#)

Points
100 points
500 points max per year -
5/1/2023-11/15/2023
[Allowable Activities](#)
[Rewards History](#)

11. Review your points at any time.

You can log and track additional points to meet your point goal as you complete other Required tasks. You are responsible for keeping track of your points if your employer participates in a point style incentive.

To learn more about your specific requirements go to [Wellness Incentive Programs » GatorCare](#)

The screenshot displays the GatorCare UHHealth dashboard. At the top, there's a navigation bar with links for Dashboard, Resources, Allowable Activities, and Health Assessment. A user profile icon with a notification badge is on the right. The main content area features three key sections: 1. 'My Health Journey at a Glance' showing a progress bar with four steps: Step 1 (Take Health Assessment, completed), Step 2 (Living With Diabetes, active), Step 3 (Next Steps Health Coaching Program, pending), and Step 4 (Achieving Your Healthy Weight, pending). 2. 'HEALTH ASSESSMENT 100%' with links to 'View Assessment' and 'Review Reports'. 3. 'Points 100 points' section, highlighted with an orange border, showing '500 points max per year - 5/1/2023-11/15/2023' and links to 'Allowable Activities' and 'Rewards History'. Below these, there are tabs for 'Health Journey', 'Completed Activities', and 'Browse All Activities'. The 'Health Journey' tab is selected, leading to 'Your Health Journey Recommendations'. This section includes a brief introduction and two recommended programs: 'Living With Diabetes' (Go to Program, Earn 50 pts) and 'Next Steps Health Coaching Program' (Enroll Now, Earn 50 pts).

12. Click on Allowable Activities to complete any additional REQUIRED tasks and activities.

Be sure to review your employer requirements: [Wellness Incentive Programs » GatorCare](#)

The screenshot shows the GatorCare UF Health dashboard. At the top, there's a navigation bar with 'Dashboard', 'Resources', 'Allowable Activities' (highlighted), and 'Health Assessment'. Below the navigation bar, there's a 'My Health Journey at a Glance' section with a progress bar showing four steps: Step 1 (Take Health Assessment), Step 2 (Living With Diabetes), Step 3 (Next Steps Health Coaching Program), and Step 4 (Achieving Your Healthy Weight). To the right of the progress bar, there's a 'HEALTH ASSESSMENT' section showing '100%' and a 'Points' section showing '100 points'. Below these sections, there's a 'Your Health Journey Recommendations' section with two cards: 'Living With Diabetes' and 'Next Steps Health Coaching Program'. Each card has an image, a description, and a 'Go to Program' or 'Enroll Now' button.

13. Scroll down to the requirement or activity of your choice and select which task you would like to complete next.

The screenshot shows the 'Flu Vaccination' requirement section. It includes a description of the requirement, a 'Report Now' button, and a section for 'Self-Guided Programs'. The 'Flu Vaccination' section is highlighted with a red border. The 'Self-Guided Programs' section is below it.

23 to November 15, 2023.

and flu vaccination are required for your wellness credit. Some of s, may take 4 to 6 weeks to appear. You may be required to input vities, like your flu shot, annual wellness exam, preventive ation of this information is a violation of your HR policy which may

ent, flu vaccination and earn a total of 500 points in order to receive eligibile for the wellness credit if you do not complete all of these portal no later than November 15, 2023. If you complete all of the first paystub in 2024 to ensure you are receiving the wellness credit.

Flu Vaccination

Required. Get your flu vaccination and receive completion credit for completing between 8-1-2023 and 11-15-2023. Once completed, click on the Allowable Activities tab to confirm you see a checkmark next to Flu Vaccination.

Report Now

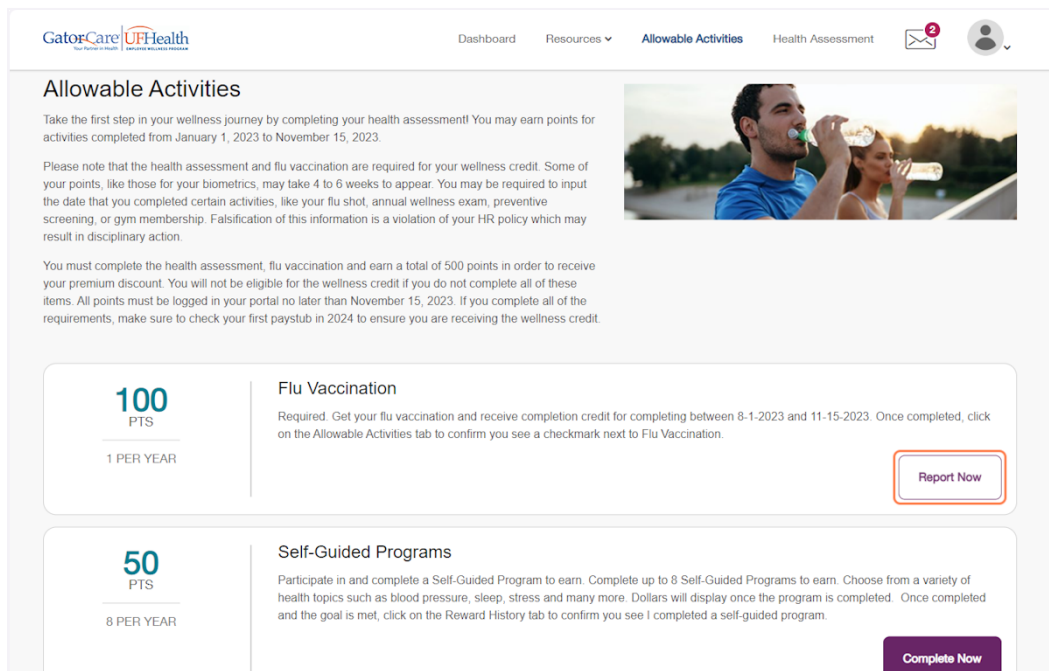
Self-Guided Programs

Participate in and complete a Self-Guided Program to earn. Complete up to 8 Self-Guided Programs to earn. Choose from a variety of health topics such as blood pressure, sleep, stress and many more. Dollars will display once the program is completed. Once completed and the goal is met, click on the Reward History tab to confirm you see I completed a self-guided program.

14. If the Flu-Vaccination is self reported, click on Report Now to SELF-REPORT your Flu-Vaccination date.

You are responsible for checking with your employer group on whether you are expected to self-report this information or if they will report it for you.

*If you are **exempt** from the Flu-Shot and responsible for self-reporting, insert your exemption date.



GatorCare UFHealth

Dashboard Resources **Allowable Activities** Health Assessment

Allowable Activities

Take the first step in your wellness journey by completing your health assessment! You may earn points for activities completed from January 1, 2023 to November 15, 2023.

Please note that the health assessment and flu vaccination are required for your wellness credit. Some of your points, like those for your biometrics, may take 4 to 6 weeks to appear. You may be required to input the date that you completed certain activities, like your flu shot, annual wellness exam, preventive screening, or gym membership. Falsification of this information is a violation of your HR policy which may result in disciplinary action.

You must complete the health assessment, flu vaccination and earn a total of 500 points in order to receive your premium discount. You will not be eligible for the wellness credit if you do not complete all of these items. All points must be logged in your portal no later than November 15, 2023. If you complete all of the requirements, make sure to check your first paystub in 2024 to ensure you are receiving the wellness credit.

100
PTS
1 PER YEAR

Flu Vaccination

Required. Get your flu vaccination and receive completion credit for completing between 8-1-2023 and 11-15-2023. Once completed, click on the Allowable Activities tab to confirm you see a checkmark next to Flu Vaccination.

[Report Now](#)

50
PTS
8 PER YEAR

Self-Guided Programs

Participate in and complete a Self-Guided Program to earn. Complete up to 8 Self-Guided Programs to earn. Choose from a variety of health topics such as blood pressure, sleep, stress and many more. Dollars will display once the program is completed. Once completed and the goal is met, click on the Reward History tab to confirm you see 1 completed a self-guided program.

[Complete Now](#)

15. If self-reporting, log the date you received your Flu-Vaccination.

Eligibility dates vary per employer group. You are responsible to check with your employer on specific date requirements.

* Some locations will require you self-report the Flu-Shot. Others will be reported for you. It is your responsibility to check with your employer group about expectations.

*If you are **exempt** from the Flu-Shot and responsible for self-reporting, insert your exemption date.

1.Date *

 08/08/2023 ▼

2.To the best of my knowledge, the information I have entered is correct activity as well as be declared ineligible to participate and receive any

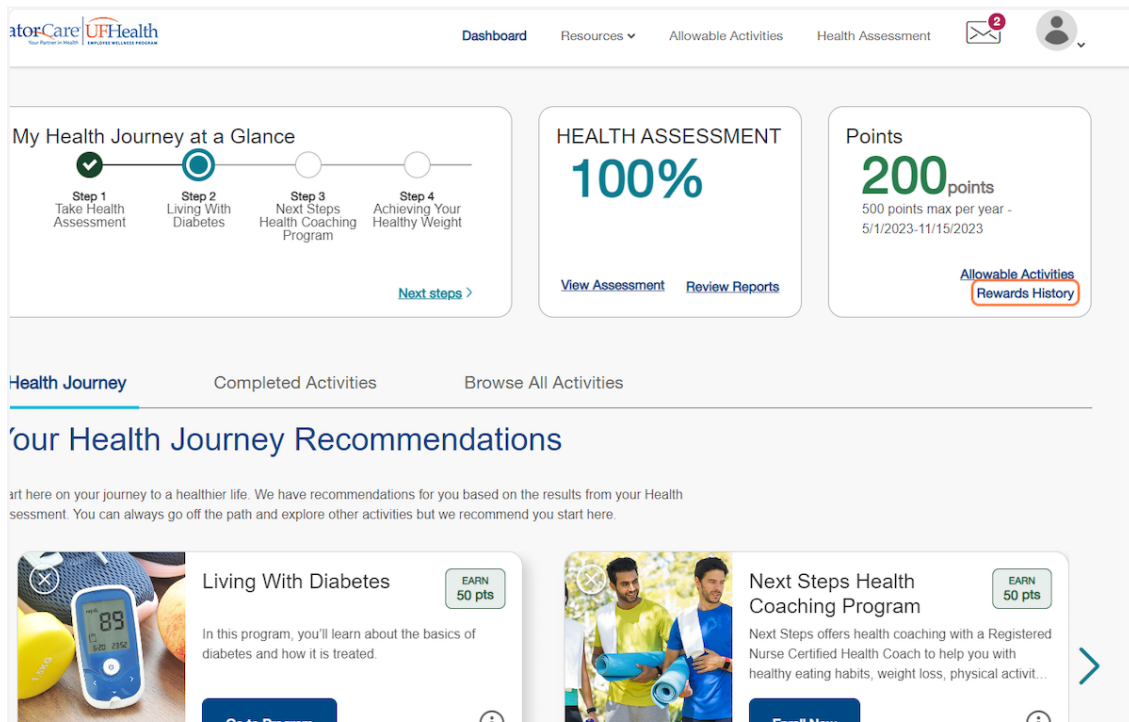


I agree

16. Your Dashboard will allow you to check your points and activity completion at any time during the incentive window. Each employer group has a different eligibility period and point requirements. Be sure to check with your employer on your specific dates and requirements.

Learn more about your requirements here: [Wellness Incentive Programs » GatorCare](#)

18. Your Rewards History will show you a list of completed activities and their point value.



19. You can review your wellness incentive activities under Rewards History.

It is the responsibility of the employee to ensure that they have completed all requirements and additional activities in order to be eligible for the wellness incentive.

GatorCare
UFHealth

Dashboard
Resources
Allowable Activities
Health Assessment

2


My Incentives & Rewards

Better You Strides Rewards Program
Allowable Activities
Rewards History

Track your journey to a healthier you

Congratulations for taking steps to a healthier you. See all that you have accomplished below in the Rewards History page. Go to the Allowable Activities to find all the opportunities for you to continue on your journey and earn more rewards.

30 days
90 days
Program YTD
Custom
Export



2023
APRIL 4

100 PTS
I had my flu vaccination

100 PTS
I completed my health assessment

We're Here to Help
800-352-2583 TTY/TDD: 800-955-8770 (Mon - Fri: 7am - 9pm Central)

Contact Us | My Plan | Accessibility Statement | Privacy Policy | Terms of Service | Feedback

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Available on the App Store

Google play

Florida Blue

20. Complete all necessary activities for Wellness Incentive eligibility within incentive window.

It is important to note your employer groups incentive window to ensure you have completed all tasks. Once you have completed all necessary activities to be eligible for the Wellness Incentive, there is no further action needed. You are encouraged to continue to participate in wellness activities throughout the year for your own benefit.

Learn more about ongoing initiatives and programs offered at your specific location here:

[Wellness Programs & Resources » GatorCare](#)