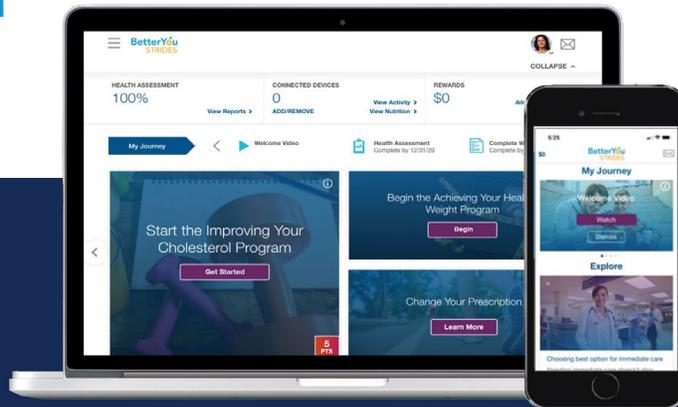


BetterYou STRIDES

Start Earning Rewards Today!



Better You Strides is a wellness program that rewards you for working on your health throughout the year. This program is open for all UF Health Shands benefits-eligible employees. Earn up to \$100 by completing two parts of this program:

- Biometric Screening:** Earn a \$25 Amazon e-gift card by completing a screening at an onsite event or at a participating Quest Diagnostics Lab
- Online Portion:** Earn a \$75 Amazon e-gift card by completing the required activities and earning 300 points. For directions to register for the online portion visit GatorCare.org/betteryoustrides. Activities from October 1, 2023 - September 30, 2024 are eligible to self-report for points.

REQUIRED ACTIVITIES

POINTS

Biometric Screening	50
Online Health Assessment	50
Get Your Annual Flu Vaccine	50
Be Tobacco-Free <u>OR</u> Complete tobacco cessation course on the portal	50

ADDITIONAL ACTIVITIES

POINTS

Participate in GatorCare Challenges and Programs (Self-Report) <i>Examples: Walking challenges, hydration challenges, individual challenges</i>	50 (max 150 points)
Attend/View a Wellness or Financial Wellness Presentation (Self-Report) <i>Examples: Wellness Wednesdays, presentations by the GatorCare Wellness Team, financial wellness presentations on MyTraining</i>	25 (max 100 points)
Complete Your Annual Wellness Exam (Self-Report)	50
Complete a Preventative Screening (Self-Report) <i>Examples: Colonoscopy, Mammogram, Pap Smear, Prostate</i>	50 (max 100 points)
Volunteer (Self-Report)	25 (max 50 points)
COVID-19 Vaccination (Self-Report) <i>Report the date you complete this activity (all doses)</i>	50

(continued on other side)

ADDITIONAL ACTIVITIES *(continued)*

POINTS

Complete a Personal Challenge	25 (max 150 points)
Complete a Digital Self-Guided Program	50 (max 150 points)
Listen to a Podcast <i>On the Better You Strides Portal</i>	10 (max 50 points)
Connect a Device <i>Connect your device or app to Better You Strides</i>	25
Watch a Video <i>On the Better You Strides Portal</i>	5 (max 25 points)
Read an Article <i>On the Better You Strides Portal</i>	5 (max 25 points)
Enroll in Healthy Addition Prenatal Program <i>(Florida Blue members only)</i>	50
Participate in three Health Coaching Sessions through Next Steps <i>(Florida Blue and GatorCare members only)</i>	75
Participate in Weight Watchers for three months <i>(GatorCare members only)</i>	100
Meet Ideal BMI Range <i>Meet the ideal BMI range of 18.50-24.99 from your biometric screening results</i>	50
Meet Ideal Cholesterol Ratio <i>Meet the ideal cholesterol ratio of 5.0 or less from your biometric screening results</i>	50
Meet Ideal Blood Glucose Range <i>Meet the ideal blood glucose range (fasting or non-fasting) < 140 from your biometric screening results</i>	50
Meet Ideal Blood Pressure Range <i>Meet the ideal blood pressure range of < 130/< 80 from your biometric screening results</i>	50

POTENTIAL POINTS YOU CAN EARN IF YOU PARTICIPATED IN 2023

POINTS

Improved Weight Since 2023 <i>(5-9.9% of Body Weight)</i>	25
Improved Weight Since 2023 <i>(10% or more of Body Weight)</i>	50
Improved Blood Pressure Since 2023 <i>(By at least one category)</i>	50

Contact GatorCare Wellness at
GatorCarewellness@shands.ufl.edu
 or visit GatorCare.org/betteryoustrides

