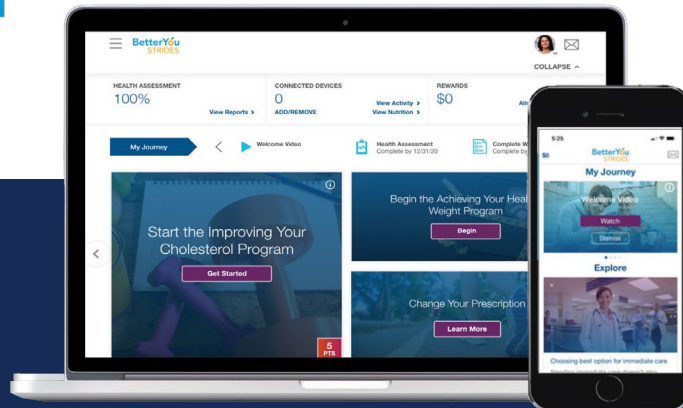


BetterYou STRIDES



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, 2024 - September 30, 2025 are eligible to self-report for points.

REQUIRED ACTIVITIES

POINTS

| | |
|---|----|
| Biometric Screening | 50 |
| Online Health Assessment | 50 |
| Be Tobacco-Free <i>OR</i> Complete tobacco cessation course on the portal | 50 |

ADDITIONAL ACTIVITIES

POINTS

| | |
|---|---------------------|
| Get Your Annual Flu Vaccine | 50 |
| 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 Presentation (Self-Report) <i>Examples: Wellness Wednesdays, presentations by the Gator Care Wellness Team</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 the Helahty Beginnings Maternity Management Program <i>(Florida Blue and GatorCare 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 2024

POINTS

| | |
|---|----|
| Improved Weight Since 2024 <i>(5-9.9% of Body Weight)</i> | 25 |
| Improved Weight Since 2024 <i>(10% or more of Body Weight)</i> | 50 |
| Improved Blood Pressure Since 2024 <i>(By at least one category)</i> | 50 |

$\frac{\text{Current Weight} - \text{Weight in 2024}}{\text{Current Weight}} \times 100$

 OR

 $\frac{\text{Current Blood Pressure} - \text{Blood Pressure in 2024}}{\text{Current Blood Pressure}}$



!
 * * * * *
 * * * * *
 * * * * *

