

BetterYou STRIDES



Start Earning Rewards Today!

Earn 500 points by Nov. 15

Access Better You Strides at: FloridaBlue.com ->

Find & Get Care -> Better You Strides

REQUIRED ACTIVITIES

Activities	Points	Max Points Available
Online Personal Health Assessment	100	100

ADDITIONAL ACTIVITIES

Self-Reported Activities	Points	Max Points Available
Flu Vaccination (self-reported)	150	150
Annual Wellness Exam	100	100
Run a Race/Gym Membership/Walking Challenges	50	100
Preventive Screening (colonoscopy, mammogram, dental cleaning, eye exam, etc.)	50	100
Volunteer Time (self-report up to 8 hours)	50	50
Tobacco Free	50	50

Employee Wellness Activities*	Points	Max Points Available
Biometric Screening (OPTIONAL)	100	100
Meet Target Blood Pressure from Biometric Screening (<120/<80)	50	50
Meet Target Cholesterol Ratio from Biometric Screening (≤5.0)	50	50
Nutrition Counseling / Next Steps Health Coaching	50	200
Employee Wellness Challenges	50	400
Wellness Activities (including WellnessTV Webinars)	20	400
Health Management Programs (InControl Blood Pressure, Living Well with Diabetes)	100	300
Healthy Additions (Prenatal Program with Florida Blue)	100	100
Wellness Champions (Become an advocate for your department)	100	100
Better You Strides Online Activities (self-guided programs, personal challenges, connect a device, etc.)	Point values may vary. Visit the Better You Strides platform to learn more.	

***For all non-self-reported activities, please allow up to 6 weeks for your points to reflect in your BYS portal. Visit GatorCare.org/BYS for more information about your Wellness Incentive**

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

UFHealth
EMPLOYEE WELLNESS PROGRAM

GatorCare
Your Partner in Health