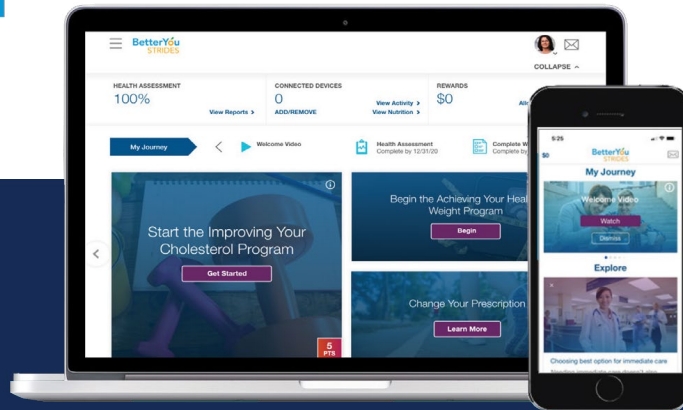


BetterYou STRIDES



**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 to all UFICO benefits eligible employees. Receive a \$30 monthly credit to your insurance premium by meeting the following requirements. For HSA plans, a \$30 monthly credit from the Employee Health Insurance Premium is applied to the Employee Premium and any remaining credit will be contributed to the Employee's HSA account as an Employer Contribution.

REQUIRED ACTIVITIES

POINTS

Biometric Screening	100
Online Health Assessment	75
Get Your Annual Flu Vaccine	50
Be Tobacco-Free <u>OR</u> Complete tobacco cessation course on the portal	25

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>	15
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 200 points)
Listen to a Podcast <i>On the Better You Stridesportal</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 Stridesportal</i>	5 (max 25 points)
Read an Article <i>On the Better You Stridesportal</i>	5 (max 25 points)

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

