

Map your personal path to health

Welcome to **Better You Strides**, an online wellness program that uses your needs, goals, and interests to build you a custom-made plan for achieving better health.



A personal plan for you

Better You Strides creates a Personal Health Journey for you — a custom-made plan with recommended actions to reach your health goals. Activities cover healthy eating, tips to move more, and ways to feel happier.

Discover the fun of building healthy habits through activities, videos, and quizzes. As you progress, your Journey evolves, offering challenges and activities to help you stay motivated.



Your mobile fitness partner

Tap into your personal health Journey from your smartphone, tablet, or computer to track your progress or get support anytime, anywhere. Better You Strides can integrate with more than 100 health and wellness wearable devices and mobile app trackers. That makes tracking your progress even easier.

Questions?

If you have questions or need help registering for Better You Strides, call **1-855-393-1085**.

Start your journey to better health!

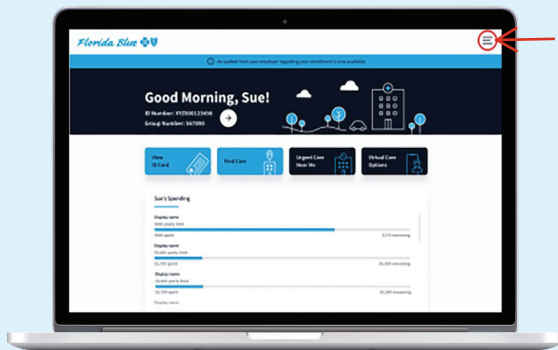


Take strides toward better health today.

Register now for Better You Strides from either your computer or mobile device.

Follow the steps below to create or access your account.

From your computer



Click the Menu and select Better You Strides

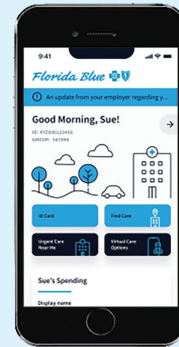
Step 1.

Login to your member account at **flbluegroupbenefits.com** and click on the menu on the top right.

Step 2.

From the pop-up menu, select **Better You Strides**.

From your mobile device



Step 1.

Login to your member account at **flbluegroupbenefits.com** and click on the menu on the bottom right.

Step 2.

From the pop-up menu, select **Better You Strides**.

Florida Blue has entered into an arrangement with Onlife to provide members with care decision support services, information, and other services. Please remember that all decisions that require or pertain to independent professional medical/clinical judgment or training, or the need for medical services, are solely your responsibility and the responsibility of your Physicians and other health care Providers. The programs mentioned above are subject to change.

Health insurance is offered by Florida Blue. HMO coverage is offered by Florida Blue HMO, an affiliate of Florida Blue. These companies are Independent Licensees of the Blue Cross and Blue Shield Association.

We comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-393-1085 (TTY: 1-877-955-8773).

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-855-393-1085 (TTY: 1-800-955-8770). 120511 1224 ASO