

# ONLINE HEALTH ASSESSMENT REQUIREMENT



## Steps:

- Go to [FLBlueGroupBenefits.com](https://FLBlueGroupBenefits.com) → member portal → prefix is UFS → log in
  - if new to GatorCare or the website, click on Create Account Here after you enter the prefix and are redirected to My Health Hub
- From the My Health Hub dashboard click on Menu in the top right-hand corner
- From the drop down list click on Better You Strides
- The health assessment will automatically pop up or you will be directed to the Better You Strides dashboard and can click on the Health Assessment link
- Once the Health Assessment is complete you will see a score between 1 and 100 with a circle around it
- Deadline for completing all wellness requirements is 11/30/26

Learn more about the employee wellness opportunities at [GatorCare.org](https://GatorCare.org)