

April 1 - September 30, 2026



HOW TO: COMPLETE YOUR ONLINE HEALTH ASSESSMENT



STEP 1: COMPLETE BIOMETRIC SCREENING



STEP 2: COMPLETE YOUR ONLINE HEALTH ASSESSMENT

Option 1 (GatorCare Member):

1. Go to www.flbluegroupbenefits.com, click Member Log In and enter the 3-letter prefix (UFS) of your member ID.
2. Click the pop-up menu bar in the top right corner of the page. Then select "Better You Strides." This is your portal for completing the online health assessment
3. Complete the health assessment. You will know that you have completed the health assessment when you see 100% under Health Assessment in the top gray bar on your Better You Strides portal. You will also see 50 points next to the online health assessment activity on your Rewards History page.

Option 2 (Non-member/Benefits eligible Shands team member):

1. Go to login.onlifehealth.com
2. Click "Get Started." Enter your name, date of birth and ZIP code. Click next.
3. Enter your employer's group number (66125).
4. Read and accept the terms of service.
5. Choose your communication preferences. Before you take your health assessment, update your username and password so you'll have immediate access the next time you open Better You Strides.
6. Click on the profile icon and select "Settings" from the drop-down menu. Click on the pencil icon to edit your settings. Create a unique username and display name.
7. Enter your email address and create a password. Click "Save."
8. Once you have completely created your account, take the health assessment by clicking "Get Started Now!" on your screen. If you decide to take the health assessment later, you can still access it in the gray bar in the top left corner of your homepage or by clicking the "Take Health Assessment" journey card.



STEP 3: EARN 300 POINTS IN THE BETTER YOU STRIDES PORTAL & CONFIRM A TOBACCO FREE STATUS

GATORCARE
MEMBERS SCAN
HERE



This program is open to all UF Health Shands benefits-eligible team members. Earn up to \$100 by completing **TWO** parts of this program:

1. **Biometric Screening:** Earn \$25 e-gift card by completing a screening at an onsite event or at a participating Quest Diagnostics Lab.
2. **Online Portion:** Earn an additional \$75 e-gift card by completing ALL required activities (below) and earning 300 points in portal.

NON-MEMBERS
SCAN HERE



All requirements must be completed by September 30, 2026.