

# 500 WELLNESS POINTS REQUIREMENT



## Steps:

- Periodically check your Better You Strides account from your FLBlueGroupBenefits.com account to track your points.
- All points eligible activities on Better You Strides are designated in the right hand corner of the activity tile
- Even if you completed eligible activities before May 1st, you can still report them for points once the program year begins. For example, if you had an eye doctor appointment on February 5th, you can self-report it as a preventative screening activity when the new program year starts on May 1st

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