

April 1 - September 30, 2026



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.

REQUIRED ACTIVITIES

Activities	Points
Biometric Screening	50
Online Health Assessment	50
Be Tobacco-Free or complete tobacco cessation course	50

ADDITIONAL ACTIVITIES

Activities	Points
Get Your Annual Flu Vaccine (Self-Report)	50
Participate in GatorCare Wellness Challenges and Programs (Self- Report)	50 (max 150 points)
Attend/View a Wellness or Financial Wellness Presentations (Self-Report)	25 (max 100 points)
Complete Your Annual Wellness Exam (Self-Report)	50
Complete a Preventative Screening (Self-Report) <i>ex: Colonscopy, Pap smear, Mammogram, Prostate</i>	50 (max 100 points)
Volunteer (Self-Report)	50 (max 100 points)
Complete a Personal Challenge	25 (max 150 points)
Complete a Digital Self-Guided Program	50 (max 150 points)
Listen to a Podcast - <i>On the Better You Strides Portal</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 Strides Portal</i>	5 (max 25 points)
Read an Article - <i>On the Better You Strides Portal</i>	5 (max 25 points)
<u>Enroll in Healthy Beginnings Maternity Program (Florida Blue members only)</u>	50
<u>Participate in 3 health coaching sessions through Next Steps(Florida Blue & GatorCare members)</u>	75
<u>Participate in WeightWatchers for three months (GatorCare members only)</u>	100
Ideal BMI range, Cholesterol Ratio, Blood Glucose Range, Blood Pressure Range	50 points each

Activities from October 1, 2025 - September 30, 2026 are eligible to self-report for points. All activities must be logged by September 30, 2026.