

Better You Strides rewards you for doing activities that help improve your health!

When you complete programs in your Personal Health Journey, you have the chance to win a \$25 prepaid gift card. Each month, we'll draw up to 72 winners. The gift card can be used at many popular merchants.

Here's how to qualify for monthly prize drawings:

1. When you complete an activity in your Journey with a badge icon, you earn an entry for the monthly prize drawing. Each month, we draw up to 72 winners who receive a \$25 prepaid gift card. Check the "Earn Rewards" section of your Better You Strides dashboard to see activities with a badge.
2. Record your progress for each activity. Completed activities will be automatically recorded in your Better You Strides Dashboard.
3. For every rewards activity with a badge that you complete, you'll get one entry for the monthly prize drawing. Better You Strides automatically submits your entries. You can earn up to eight entries a month. Entries earned in one month don't roll over to the next month.
4. Each month, we'll draw up to 72 winners who will receive a \$25 prepaid gift card that can be used at many popular merchants. For a complete list of merchants, please visit myprepaidcenter.com/site/healthyreward.

Haven't registered for Better You Strides?

Register in three easy steps:

1. Log in to your member account at floridablue.com. Click **Health & Wellness**, then **Better You Strides**.
2. Read and accept the Terms of Service.
3. Choose your communications preferences.

Want to go mobile?

You can also register with Better You Strides using the AlwaysOn mobile app. Download the app from Google Play or the Apple App Store.



TIP: The AlwaysOn mobile app makes it easy for you to track your activity progress any time, anywhere!

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.

NO PURCHASE NECESSARY. Badges earn drawing entries only and have no other redemption or cash value. Entries close 12/31/20 at 11:59 pm ET. Other restrictions/eligibility limits apply. For full rules, prizes, odds and other details, log in to Better You Strides and review the "My Plan Page" section. Void where prohibited.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-352-2583 (TTY: 1-877-955-8773).

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-800-352-2583 (TTY: 1-800-955-8770).

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