

It pays to be healthy with Better You Rewards.

Better You Rewards gives you the opportunity to **earn up to \$100 toward your premium*** while you learn how to live a healthier lifestyle. Don't miss out on this great opportunity for Florida Blue members with an Individual ACA plan.

That's My Kind of Blue.



Your Better You Rewards Wellness Programs



Heart Health

Strengthen your ticker and learn how to reduce your risk of developing heart disease (America's #1 killer).



Nutrition Savvy

Learn the real scoop on all the confusing and conflicting nutrition advice that's out there.



Get Moving

Exercise can be fun! Learn how to take exercise off your chore list and really incorporate it into your life.



De-Stress

Welcome those positive vibes into your life! Find peace and serenity with simple tools to control and manage stress.

Earn up to

\$100 a year

by making healthy choices!

Here's how:

1. Starting in January, you can register for your Better You Rewards through your member account or the mobile app by visiting floridablue.com or cafewell.com.
2. Every quarter, a new program will be available. Each program takes three to four weeks to complete.
3. Once you complete a program, \$25 will automatically be applied to your health plan premium. (This can take up to 60 days.) Complete all four programs and **earn a \$100!**

Florida Blue

*You could be eligible for a gift card if the earned reward amount is greater than your annual premium. The maximum amount of a gift card is \$500 per contract. Rewards are only available on individual ACA plans. Anyone 18 years or older covered under the health plan, including dependents, is eligible to participate. For complete program terms and conditions contact Florida Blue. Florida Blue has entered into an arrangement with Welltok, an independent company, whereby Welltok has agreed to provide Florida Blue members with care decision support services, information and other services. Florida Blue has entered into this arrangement to provide a value-added service to its members. 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. CaféWell® and Personal Health Itinerary® are trademarks of Welltok, Inc. 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. You may access the Nondiscrimination and Accessibility notice at floridablue.com/ndnotice.

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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