

## Map Your Personal Path to Health

Welcome to Better You Strides powered by CaféWell®, a free online wellness program that uses your needs, goals and interests to build your customized plan to better health.

### ☰ A Personal Plan for You

Better You Strides creates a Personal Health Itinerary® for you—a custom-made plan with recommended actions to reach your health goals. Activities cover healthy eating, tips to move more and ways to feel happier.

Discover the fun of building healthy habits through activities, games, videos, and quizzes. As you progress, your Personal Health Itinerary evolves, offering challenges and activities to help you stay motivated.



### ★ Your Mobile Fitness Partner

Tap into your Personal Health Itinerary from your smartphone, tablet or computer to track your progress or get support any time, anywhere. Many fitness apps like iHealth and MyFitnessPal and devices such as FitBit connect to Better You Strides. That makes tracking your progress even easier.



### 🍏 Rewards for Healthy Habits

Earn rewards as you get healthier. As you complete activities in your Personal Health Itinerary, you score points that you can convert into prizes.

### 🚩 Start Your Journey to Better Health Today!

You can register for Better You Strides in one of two ways: from your [floridablue.com](http://floridablue.com) member account or the CaféWell mobile app. Registering takes just a few steps.

#### From [floridablue.com](http://floridablue.com)

1. Log in to your Florida Blue online account. Find “Your Guide to Better Health” on the right side of your home page. Click “Get Started.”
2. Provide a user name and password in the welcome screen that appears. Click “Create your account.” Follow the directions on the screen to create security questions for your Better You Strides personal page.

#### From the [CaféWell mobile app](#)

1. Download the CaféWell mobile app from the Apple App store or Google Play. Click “Register now.”
2. Enter the sponsor code: `betteryoustrides`
3. Follow the directions on the screen to create your Better You Strides account.

Now you've got everything you need to start taking strides toward better health!

! If you have questions or need help registering for Better You Strides, call **855-337-8340** or send an email to [betteryoustrides@cafewell.com](mailto:betteryoustrides@cafewell.com).

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.

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.

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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