

Health Assessment Instructions

This year, participants will need to create and/or log in to their Florida Blue account in order to complete the health assessment survey.

Please have your Florida Blue Member ID available when registering.



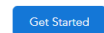
Step 1: Visit FloridaBlue.com and select the green login button from the top right of the screen to log in to an existing account*. If you have never created an account, select “New Member Registration.”



Step 2: Once you have logged in or created an account, click the “Get Started” button under the BetterYou Strides Logo.

BetterYou STRIDES

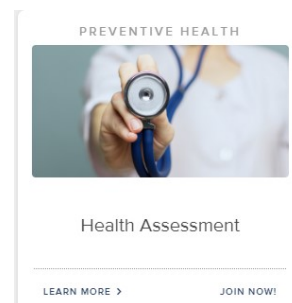
Discover your Personal Health Itinerary®, a personalized action plan to help you get healthier through activities, challenges, interactive videos and more.



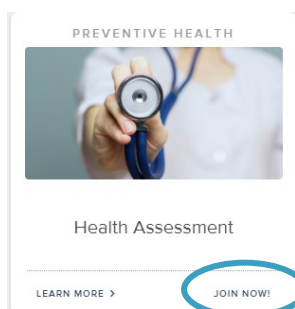
Step 3: On the welcome screen that appears, provide a user name and password. Click “Create your account.” Then answer a few security questions to help protect your account.



Step 4: Once you have created your account, select the “Add Programs” tab and find the Health Assessment square.



Step 5: Click “Join Now” to complete your health assessment.



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Florida Blue 

For questions or issues, please call:
BetterYou Strides Technical Support
(855) 337-8340

* If you do not know your log in credentials, select “Forgot User ID or Password”