

# Health Assessment Instructions

**This year, there are two options for completing your Health Assessment:**  
**Online at *FloridaBlue.com* or via the *CafeWell App* (instructions on back).**



*Please have your Florida Blue Member ID available when registering.*

## From FloridaBlue.com:

**Step 1:** Visit [FloridaBlue.com](https://www.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.”



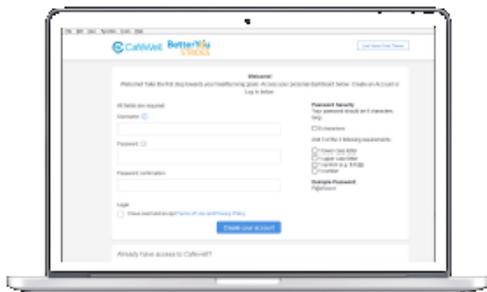
**Step 2:** Once you have logged in or created an account, click the “Get Started” button under the BetterYou Strides Logo.

**BetterYou STRIDES**

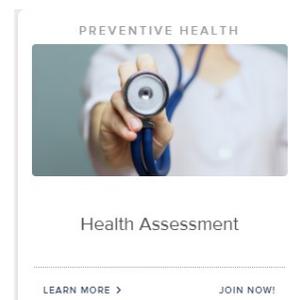
Discover your Personal Health Itinerary®, a personalized action plan to help you get healthier through activities, challenges, interactive videos and more.



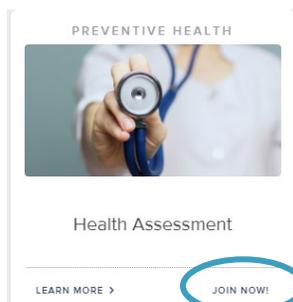
**Step 3:** On the welcome screen that appears, provide a user name and password. Click “Create your account.” Then answer a few security questions to help protect your account.



**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.



**BetterYou**  
**STRIDES**  
*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”*

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## From the CaféWell Mobile App:

**Step 1:** Download the CaféWell mobile app from the Apple App store or Google Play. Click “Register now”.



**Step 2:** Enter the sponsor code: ***betteryoustrides***



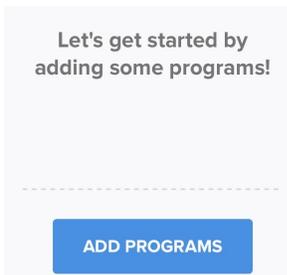
**Step 3:** Create a user name and password for your account. Then provide your date of birth and gender. Click “Create account”. Answer a few security questions to help protect your account. Click “Save”.



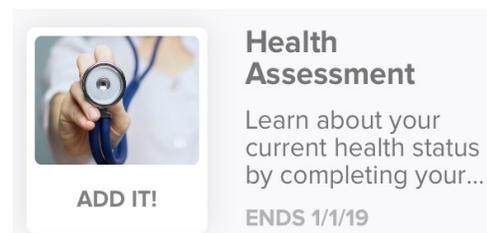
**Step 4:** To verify your registration, enter your date of birth and your member ID number found on your Florida Blue health insurance card. This is an 8-digit number following the letters “IONH”. Now click “Verify”.



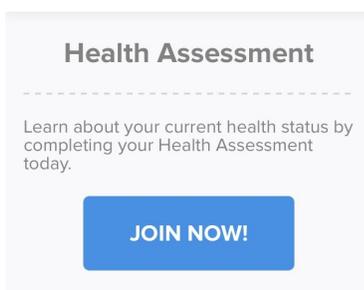
**Step 5:** Click “Add Programs”.



**Step 6:** Scroll to the bottom of the screen and click “Add It!” under the Health Assessment icon .



**Step 7:** Click “Join Now” to complete your health assessment .



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