

To complete the assessment, employees will either need to have a FloridaBlue.com account or create an account.

Step 1 – Go to FloridaBlue.com

Step 2 – Click on Login in the upper, right hand corner of the page.

Step 3 – If you already have a Floridablue.com login, enter your username and password.

If you do not have a Floridablue.com login, click on New Member Registration.

Step 4 – Once you are logged in, click on Health and Wellness

Step 5 – Select BetterYou Strides

If you have not previously completed the assessment (starting in July 2020), you will need to:

Agree to the Terms

Enter your contact preferences

Click on Get Started

If you have previously completed the assessment (starting in July 2020), you will need to:

Click on ***View Assessment*** in the Health Assessment section (located in the upper left)

Then, click on the green checkmarks next to each category to update your profile.