

# 2021 NEW Wellness Incentive Program



Dear SPC Family,

**We wanted to share with you the new 2021 wellness incentive program!**

The **Better You Strides** incentive program will start 2/1/21 and end 12/31/21.

You will have an opportunity to pick whatever activities you want to do from the list of eligible activities

## 2021 Incentive program checklist

You will earn \$20 for each activity you complete, up to \$100 total to be redeemed for electronic gift card(s) on the The **Better You Strides** platform. You will be able to redeem after just one activity (\$20) or you can wait and redeem later on, but you will be limited to electronic gift cards in values of \$20, \$50, or \$100. Program is available to any employees but only benefit-eligible employees with the Florida Blue medical plan can earn rewards.



- ▶ You must log onto the **Better You Strides** platform either via [www.floridablue.com](http://www.floridablue.com) or the Always On app (downloadable on Apple & Android devices) to participate in the reward program.

## 2021 Member registration instructions

- ▶ Health screenings and completion of a health assessment are NOT REQUIRED for earning the reward on the **Better You Strides** wellness platform.
- ▶ In 2021, you will also be able to earn \$20 for each Better You sponsored live webinar and on-demand Video you complete (up to \$100).
- ▶ The good news—you can sync your wearable fitness device or health app to **Better You Strides**. When you sync your device or health app to **Better You Strides**, keeping track and managing your physical activity becomes an instant and convenient resource to help meet your goals throughout the day.



**Get in Sync and Get Moving!**

If you have any questions regarding a new wellness incentive program, please contact: [benefits@spcollege.edu](mailto:benefits@spcollege.edu).