



You're invited...

UF Health
University of Florida
P.O. Box 100337
Gainesville, FL 32610-0337

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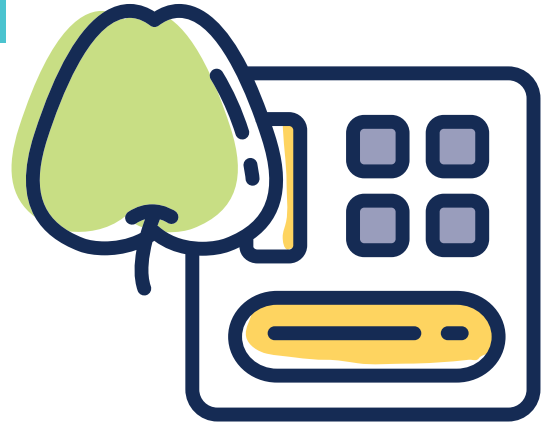
to our annual **Wellness Event**
for all benefits-eligible employees!



For additional details, go to the Better You Strides website at GATORCARE.ORG/BETTERYOU or contact the Benefits Office at 352.265.0043.

All benefits-eligible employees are eligible to participate in this voluntary program. Participants must complete wellness activities to earn 300 points, which can be spent in an online shopping mall. Points must be earned by September 30, 2018 and redeemed by November 30, 2018. There are several required activities you must complete in order to receive the 300 points, including the biometric screening, online health assessment, a flu vaccination and tobacco-free status or complete a tobacco cessation course. You must be an active employee at UF Health on the date your points are redeemed. All incentives are taxable income.

The Fine Print



New this year!

SPEND YOUR POINTS as soon as you reach 300, NO MORE WAITING

Shopping Mall Experience

\$100

Points can be used towards merchandise or gift cards.

until fall to go shopping.



Your **2018** WELLNESS PROGRAM

Act Now!



Register for your screening at UFHealth.org/wellnessevent

Walk-ins are welcome but we encourage you to schedule an appointment to ensure you get a time and location that works with your schedule. It is recommended, but not required, that you fast for two hours prior to the event. Health coaches will be available to review your numbers and answer any questions you may have. Parking passes will not be provided.

Receive a \$5 lunch gift card for attending!



April 16	UF Health at the 1329 Building 9:00 a.m. - 5:00 p.m.	1329 SW 16th St.
April 17	UF Health Davis Cancer Pavilion 10:30 a.m. - 12:30 p.m.	2000 SW Archer Rd.
April 17	UF Health Family Medicine – Magnolia Parke 2:00 - 5:00 p.m.	3951 NW 48th Terr., Suite 101
April 18	UF Health Shands Hospital 9:00 a.m. - 5:00 p.m.	1600 SW Archer Rd.
April 19	UF Health Shands Hospital 7:00 a.m. - 5:00 p.m.	1600 SW Archer Rd.
April 20	UF Health Shands Hospital 7:00 a.m. - 4:00 p.m.	1600 SW Archer Rd.
April 23	UF Health Springhill 7:30 a.m. - 11:00 a.m.	4037 NW 86th Terr.
April 23	UF Health Orthopaedics and Sports Medicine Institute 1:00 p.m. - 5:00 p.m.	3450 Hull Rd.
April 24	UF Health/CH2M Hill 7:30 a.m. - 11:30 a.m.	3011 SW Williston Rd.
April 24	UF Health Shands Rehab Hospital 1:00 p.m. - 5:00 p.m.	4101 NW 89th Blvd.
April 25	UF Health Patient Financial Svcs/Access Center/HIM 8:00 a.m. - 5:00 p.m.	4024 NW 22nd Dr.
April 26	UF Health Shands Cancer Hospital 8:00 a.m. - 5:00 p.m.	1515 SW Archer Rd.
April 27	UF Health Shands Cancer Hospital 7:00 a.m. - 4:00 p.m.	1515 SW Archer Rd.
April 30	UF Health Shands Hospital 9:00 a.m. - 5:00 p.m.	1600 SW Archer Rd.
May 1	UF Health Shands Hospital 7:00 a.m. - 5:00 p.m.	1600 SW Archer Rd.
May 2	UF Health Shands Hospital 7:00 a.m. - 5:00 p.m.	1600 SW Archer Rd.
May 3	UF Health Shands Hospital 8:00 a.m. - 4:00 p.m.	1600 SW Archer Rd.



Set up your new **Better You Strides** portal to complete your online health assessment and earn additional points

Better You Strides is the new wellness platform. All users must create an account this year. There are several ways to access the Better You Strides platform, including an app called CaféWell. If you are comfortable using a smartphone, we recommend using the app so you can easily log your activities throughout the year. Follow the directions below to set up your account.

Using a computer:

GatorCare® subscribers: Login to your floridablue.com account. Navigate to the Better You Strides section on the right side of your home page to create your account.

Benefits-Eligible Employees Who Waive Health Insurance: Navigate to floridablue.com/betteryoustrides. Click "Register Now" to create your account.

Using a mobile device: Download the CaféWell mobile app. Click "Register Now." Follow the instructions on screen to set up your account.

For the sponsor code: **GatorCare® subscribers:** use betteryoustrides

Benefits-Eligible Employees Who Waive Health Insurance: use betteryou

