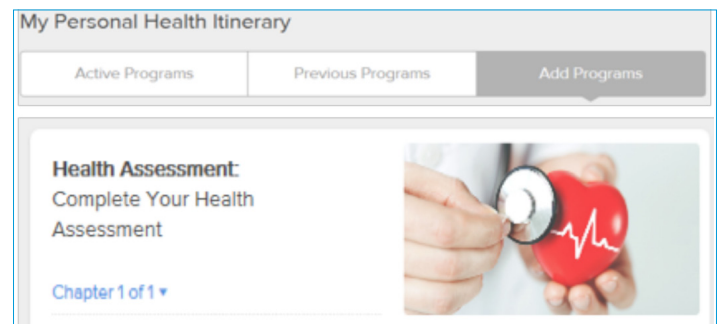
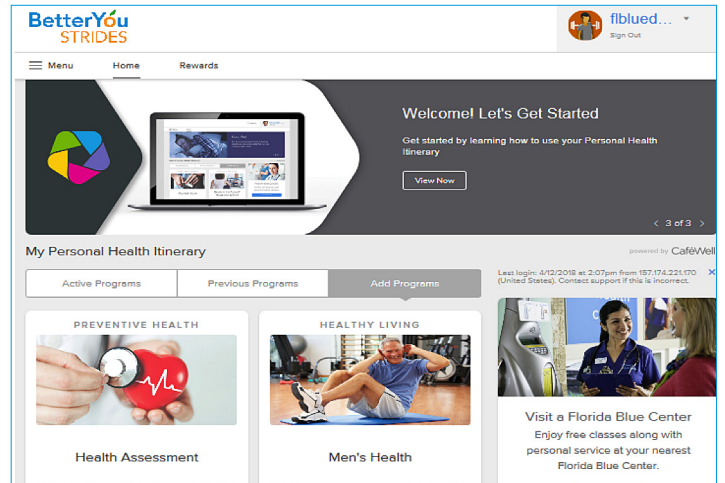
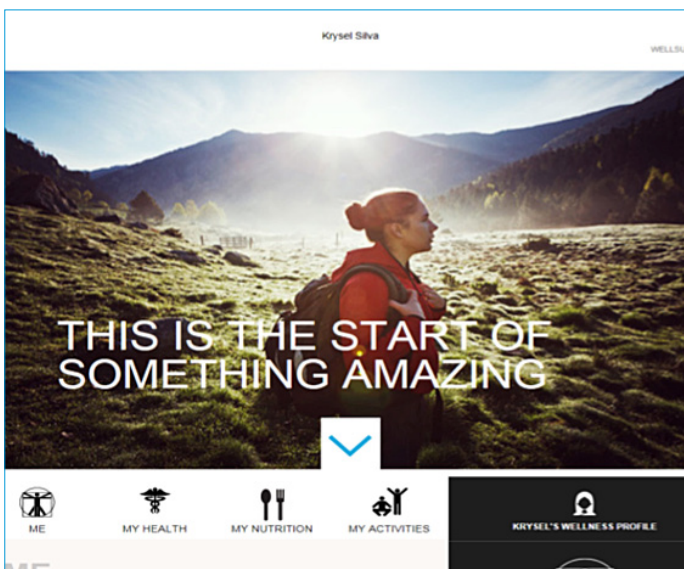


## How to Complete your Health Assessment

1. To login, go to [www.FloridaBlue.com](http://www.FloridaBlue.com), click on Get Started under Better You Strides. New users will need to register for Better You Strides.
2. Select Add Programs Tab
3. Find the Health Assessment WellCard and click on join now/get started
4. The Health Assessment WellCard will be now be added to your Active Program tab
5. On the Health Assessment WellCard, click show activities/take Health Assessment
6. Your completed Health Assessment will be located under Previous Programs



### Complete all Health Assessment questions



### View your wellness report

