

Get in Sync and **Get Moving!**

The rewards of physical activity are huge — weight loss, more self-esteem, less stress and even better sleep! And, it's easier than ever to get started when you sync your wearable fitness device or health app to **Better You Strides**. The good news — you can seamlessly connect with more than 120 of the most popular fitness devices and mobile apps.

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.

There's no right or wrong way to start getting active. Do it your way and get moving today!

Follow these steps to sync your device:

1. Log in to your **floridablue.com** account.
2. Click on **Find & Get Care** in the top navigation bar.
3. In the drop-down menu, click on **Health & Wellness**.
4. Scroll down to **Track My Progress** and click on **Connect a Device**.
5. Choose from the list of devices and apps to start tracking your progress today!



Florida Blue 
Your local Blue Cross Blue Shield

Florida Blue has entered into an arrangement with Onlife to provide Florida Blue members with care decision support services, information and other services. Please remember that all decisions that require or pertain to independent professional medical/clinical judgment or training, or the need for medical services, are solely your responsibility and the responsibility of your physicians and other health care providers. The programs mentioned above are subject to change.

Florida Blue and Florida Blue HMO are Independent Licensees of the Blue Cross and Blue Shield Association. We comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability or sex.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-352-2583 (TTY: 1-877-955-8773).

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-800-352-2583 (TTY: 1-800-955-8770).