How to Redeem Better You Strides Points

1. Go to [www.floridablue.com](http://www.floridablue.com) and log in
2. Look for “Your Guide to Better Health” on right side of page (about middle of page) and click on “Get Started” under “Better You Strides (same place you clicked to complete your PHA)
3. At top of page, you will see “Rewards” tab next to the Menu and Home tabs. You may need to login to CafeWell, please do so to get to the Home page. Click on “Rewards”
4. Click on “Redeem” tab beside “Dashboard” tab
5. Click on “View Gift Cards” at the bottom of graphic that appears on the page
6. Your only option is an Amazon gift card for $15. You can click on “View All” or “Amazon (Digital)” that appears in the “You May Be Interested In…” box.
7. The Denomination should already be set to $15, select the Quantity of 1, and then “Add to Cart”
8. Continue to follow instructions and provide any information needed to complete you order and submit it for your electronic $15 gift card.