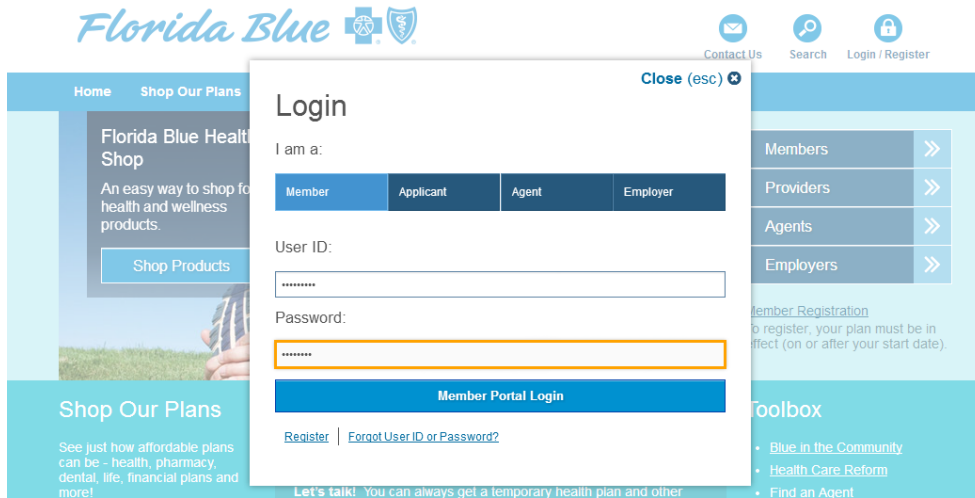


Blue Rewards Activity Goal

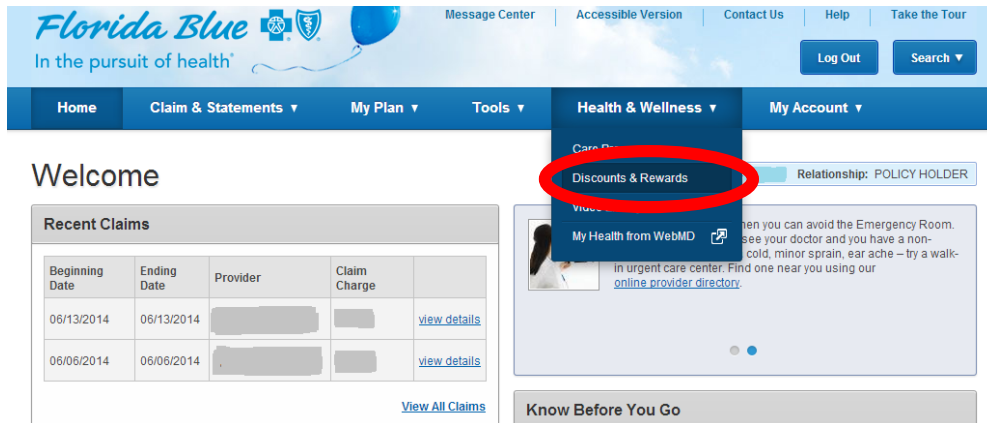
Get Blue Rewards Points for being active! Here are step by step directions to help you get started. You will earn 10 points for selecting a goal, up to 25 points for tracking your exercise, and 15 points if you meet your goal. How will you get your exercise points? Post your updates on the [R-Wellness Facebook page!](#)

Step 1: Creating a Goal

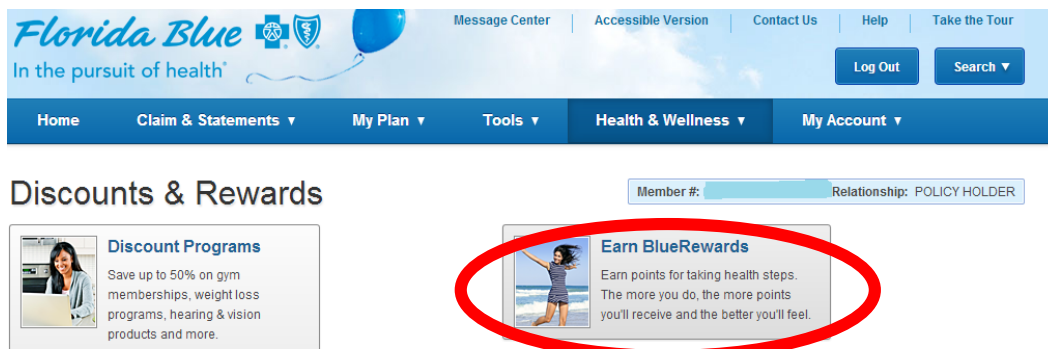
1. Log in at floridablue.com.



2. Click on 'Health & Wellness', then "Discounts & Rewards".



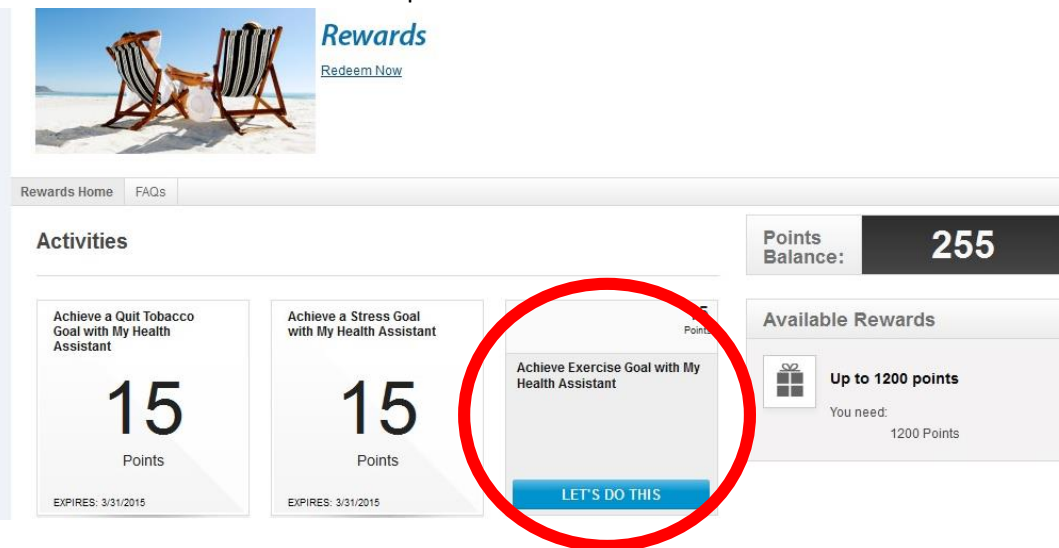
3. Click on "Earn Blue Rewards"



- You will be asked to register through WebMD the first time you enter the BlueRewards site. Click “Continue” to complete the process and you will be directed to the Rewards site. The process just takes a few minutes.



- Once you are on the BlueRewards site, hover your mouse over the “Achieve Exercise Goal with My Health Assistant” tile until it flips and click on “Let’s Do This”.



- Click on “Create Goal”. Your goal is to record exercise activity of 20-30 minutes on 9-15 days out of 28.

My Health Goals

Edit your health goals to best fit you. Add new goals you want to accomplish and remove old ones you no longer want.

<input type="checkbox"/> Nutrition	Active
<input type="checkbox"/> Weight Loss	Achieved
<input checked="" type="checkbox"/> Exercise	Active

Ensure you are getting regular physical activity.

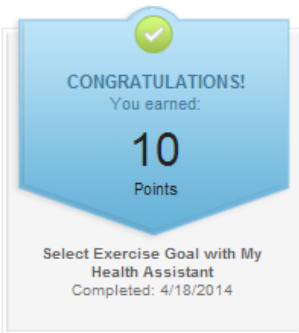
Goal Completion Criteria:

This is a 4-week goal that encourages you to record your exercise activities. Depending upon the intensity level selected, you should record exercise activity on 9-15 days out of 28 at 20-30 minutes per day.

Goal Start Date: 7/1/2014
Goal End Date: 7/28/2014

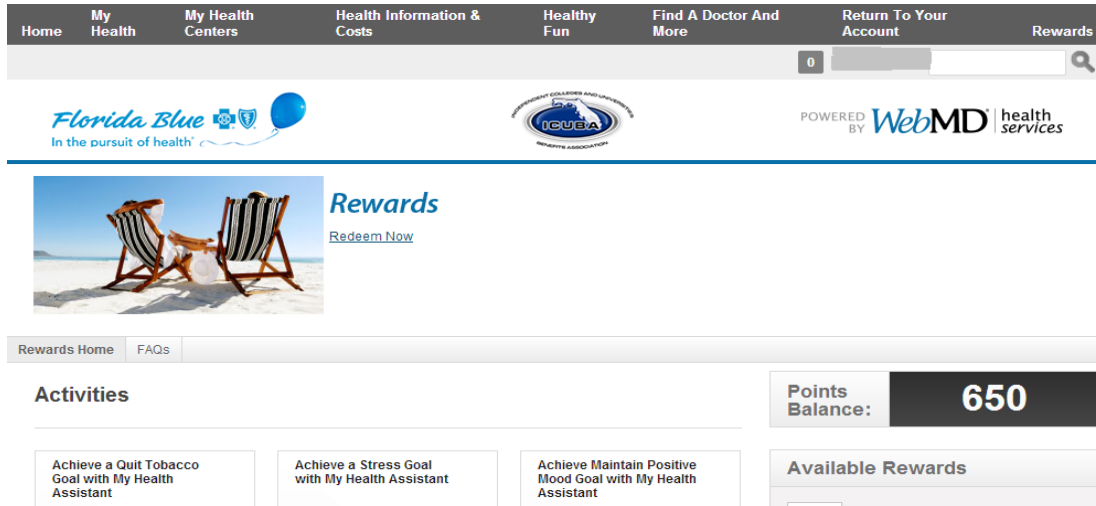
[Reset Goal](#) [Remove Goal](#)

Congratulations, you just earned 10 Blue Rewards points for creating an exercise goal!

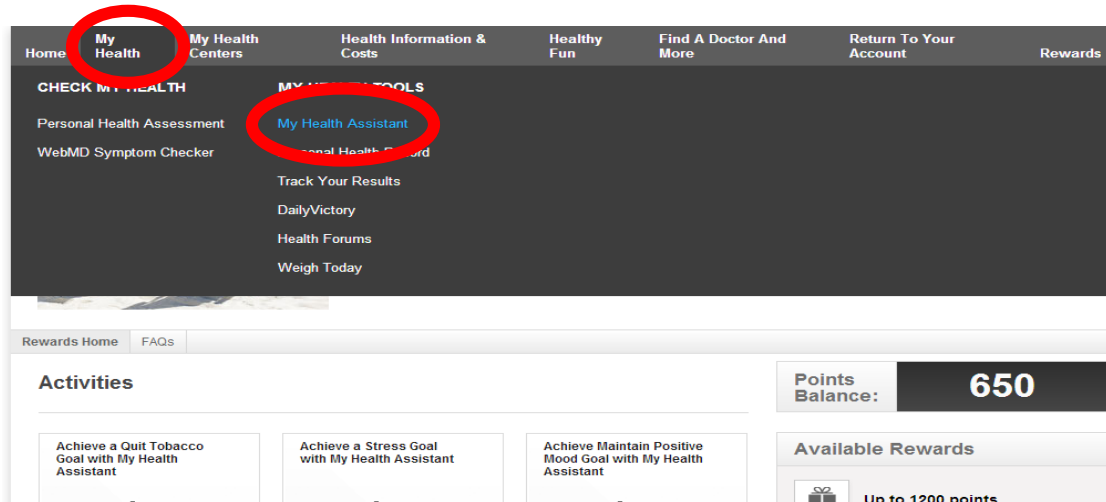


Step 2. Tracking Your Exercise

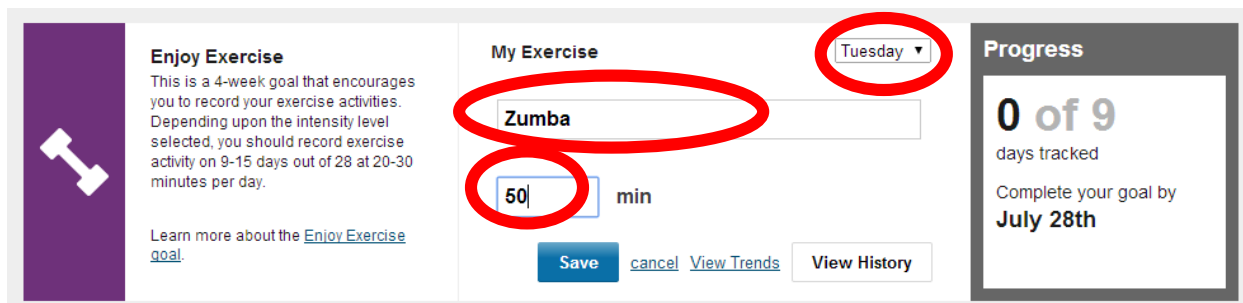
1. Log in to floridablue.com and follow steps 1-3 above to get to the Blue Rewards page.



2. Click on “My Health” and then “My Health Assistant”



3. Pick the day you are tracking from the drop down box. Enter your activity and the time. Various activities are saved in the system, such as walking, yoga, Zumba, etc. If yours is not listed, select “General Exercise – Intense, Moderate, or Light”. Click Save.

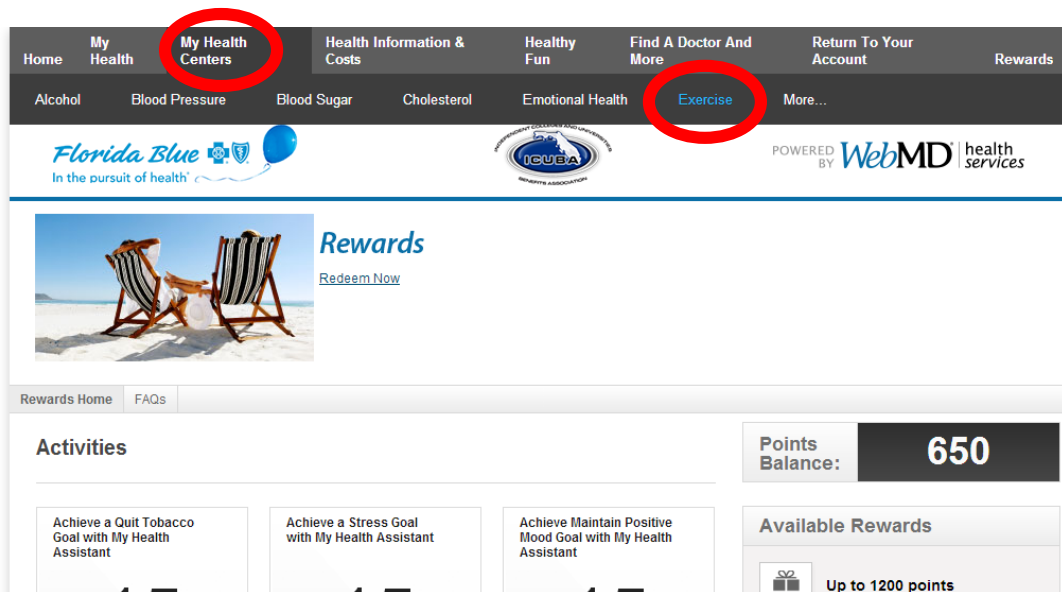


You will earn 5 points each time you enter your exercise (up to 25 points)! In addition, you will earn 15 points when you complete your exercise goal!



Need help? Exercise Resources

1. “My Health Centers” has exercise resources, or is a place you can track past activity. Log in to floridablue.com and follow steps 1-3 above to get to the Blue Rewards page. Click on “My Health Centers” and “Exercise”.



2. The “Articles, News & More” tab has information about your exercise goal, and another way to track your activity. Click on “Trackers” and then “Exercise” to track your activity.



Health Topics

With Health Topics, you will find a wealth of health information. Browse or search to find the health topics that are most important to you.

Exercise

We'll send you updates about the health topics that interest you.

[Sign Up](#)

Click the links and tabs below to learn more about Exercise

What You Should Know About Exercise

- [What Questions Should You Ask Your Doctor?](#)

Articles, News & More

Self Assessments

Benefits & Planning

Trackers (1)

Exercise

Tools (1)

Medical reference (190)

Overview (3)

Exercise and Physical Fitness, MEDLINEplus

- The "Self Assessments" tab has a link to a private personal assessment to help you track your preventive care and set goals.



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Articles, News & More

Self Assessments

Benefits & Planning

[Take or Update the Men's Health Assessment](#)

Invest in yourself. Take a moment to dig deeper and personalize your health and disease prevention profile.

[Take or Update the Women's Health Assessment](#)

Every woman should have a strategy for preventing health conditions. Do you? Take our assessment. Build your personal preventive health summary.

You will earn 25 points for completing the WebMD health Assessment!

