

Care and Wellness Programs

For our Employer groups, we offer an array of Care and Wellness programs to help our members stay focused on their health. Better You Strides is included for our groups with their health plans while the other programs are choices for our groups as customizations. The program dashboards and reports only contain overall data – no personal health information or any employee-specific information is provided.

Better You Strides

Better You Strides is available to all groups and allows the employees to self-report their wellness activities. The available reporting for the employer provides insight into the overall employees' engagement on tasks such as health assessments, self-guided programs as well as metrics regarding employee device integration with Apple watches, Fitbits, etc.

An additional option is available that includes the ability to upload employee wellness activity to Florida Blue as part of a specifically designed reward program.

Commercial Rewards

Commercial Rewards is a program that is offered to Fully Insured groups at no cost. The employer dashboard will provide insight to employee engagement metrics and is intended to offer actionable information to help employers promote wellness engagement in support of the group health plan.

meQ

meQ (meQuilibrium) is a personalized digital mental well-being tool that offers simple evidence-based techniques to reduce stress and help your employees better manage day-to-day life events.

Employer have access to view their employees' aggregated meQ assessment data. This reporting is only available when 20 or more employees are actively participating in this program.

For addition information and details, please contact your Agent and/or Florida Blue Sales Representative.