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To: onboarding@commrehab.org
Subject: HR Monthly Newsletter - May 2024



Human Resources

Monthly Newsletter

May 2024

May Benefit Spotlight: *Better You Strides* Rewards Program through Florida Blue

Earn Rewards for Taking Care of your Health!



Better You Strides Rewards is a personalized wellness and rewards program to help you on your health journey.

If you are currently enrolled in Florida Blue Medical - now, you and your covered family members (18 or older and on your plan) can each **earn up to \$100** every year—including a one-time \$30 reward just for joining. (*Reward can take up to 60 days to show on your dashboard.*)

How to earn points

Each healthy activity has a point value. Every 100 points you earn equals \$1 in rewards. Your health journey is unique to you. Here are some examples of activities you may be able to complete to earn points:

- Get your yearly flu shot.
- Complete your online health assessment.
- Complete your yearly wellness checkup.
- Get your mammogram.
- Manage stress with meQuilibrium.
- Get your colorectal screening.
- Complete a personal challenge.
- And more!

Redeem points for rewards

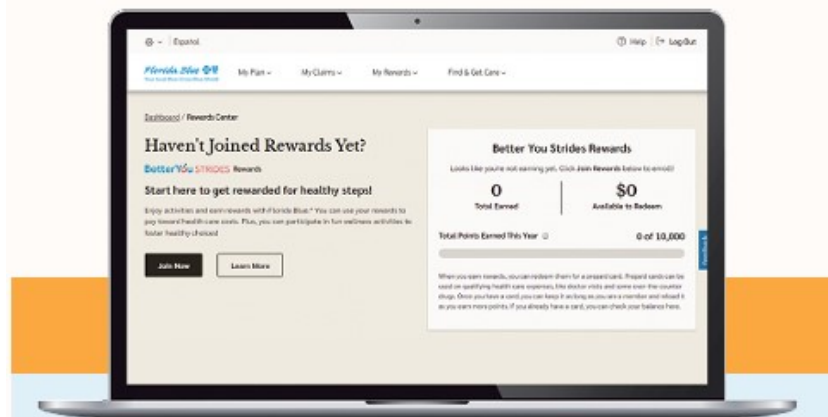
When you redeem your points, we'll mail you a prepaid card you can use for doctor visits, dental care, prescriptions, vision care (including screenings, eyeglasses, and contacts), chiropractic care, and more. As you earn rewards throughout the year, they can be added to your card. Just go to the Rewards Center in your **Florida Blue Medical** member account to redeem your points in a few clicks!

Ready to get started?

[Click here](#) or if you haven't already joined the rewards program, follow these steps:

1. Log in to your **Florida Blue Medical** member account at FloridaBlue.com. If you don't have a member account, you'll need your member ID number to create one. Family members 18 or older on your plan must create their own member account to join the rewards program.
2. At the top of your home page, click My Rewards.
3. In the dropdown menu, click Rewards Center to join the rewards program.
4. After activation, visit the My Rewards menu and click My Healthy Activities. You'll find a list of all the activities you can complete to earn rewards.

Reward terms and conditions do apply. If you need any assistance with your Florida Blue Medical Better You Strides Dashboard, please call 800-352-2583 - ask for Rewards Department for assistance.



Questions?

If you have questions about Better You Strides Rewards, call the number on the back of your member ID card. We'll be glad to help you get the most from this personalized program.

Florida Summer Travel

Family Vacation Straight Ahead & Just What the Doctor Ordered!

With summer right around the corner, I can almost hear the sound of waves crashing! Florida has over 8,000 miles of shoreline, making the Sunshine State a prime vacation territory!



Don't rule out one of these incredible Florida locations for your next family getaway!

The top 10 Florida Beaches to visit in 2024 are:

- #10: Key West
- #9: Orlando
- #8: Key Largo
- #7: Naples
- #6: Dry Tortugas National Park
- #5: Islamorada
- #4: Anna Maria Island
- #3: St. Augustine
- #2: Clearwater Beach
- #1: Siesta Key**

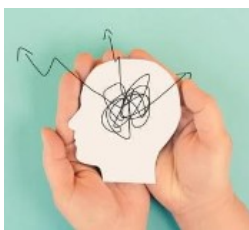
Taken from U.S.News - Read full article and see many more Florida locations [Here!](#)

Important May Dates

May 1st	National Interpreter Appreciation Day School Principals' Day
May 3rd	National Anxiety Disorders Screening Day
May 5th	Cinco de Mayo
May 6th	National Nurses Day

May 7th	National Teacher Appreciation Day
May 10th	National School Nurse Day
May 12th	Mother's Day
May 18th	Armed Forces Day
May 27th	Memorial Day

May is Mental Health Awareness Month



Our Mental Health Plays a Major Role in Our Overall Health

What is mental health exactly? According to [MentalHealth.gov](https://www.mentalhealth.gov), “mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. Take a moment by visiting [Florida Blue's website](https://www.floridahealth.gov) to find resources and information regarding the importance of taking care of your mental health just as much as you would your physical health.

There is no health without mental health and poor mental health can only hurt our physical health over time.

NAMI's "Take the Moment" Campaign

This year, NAMI (National Alliance on Mental Illness) is celebrating Mental Health Awareness Month with the “Take the Moment” campaign. They encourage you to join them in fostering open dialogues, cultivating empathy, and understanding. NAMI also urges you to share their resources to support individuals and families on their journey towards mental wellness.

NAMI's array of signature programs include:

NAMI Basics: A free, six-session education program for parents, caregivers, and other family members who provide care for youth (ages 22 and younger) who are experiencing mental health symptoms.

NAMI Family-to-Family: A free, eight-session educational program for family, significant others, and friends of people with mental health conditions.

NAMI Family & Friends: A free 90-minute or four-hour seminar that informs people who have loved ones with a mental health condition how to best support them.

NAMI Homefront: A free, six-session program for families, caregivers and friends of military members and veterans with mental health conditions. Plus, find free online resources available 24/7.

NAMI In Our Own Voice: Free presentations that provide a personal perspective of mental health conditions, as leaders with lived experience talk openly about what it's like to have a mental health condition.

NAMI Peer-to-Peer: A free, eight-session educational program for adults with mental health conditions who are looking to better understand themselves and their recovery.

NAMI Support Groups: NAMI support groups are free, peer-led, and offer participants an opportunity to share their experiences and gain support from other attendees.

Find NAMI's 2024 Mental Health Awareness Month Toolkit [Here!](#)

Reminder: Remaining 12-Month Pay Dates

School Closure	# of Paid Days	Paid On
Summer Break	Remainder of 12-month balance paid equally over 5 pay periods.	06/11/24 06/25/24 07/09/24 07/23/24 08/06/24



Have Questions?

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