

wellness express

a monthly insight into St. Johns County wellness happenings

MAY 2017



Getting on Track



Thank you to everyone that attended this year's Wellness Expo. We had 1,150 individuals walk through and we were able to screen 962 employees and spouses. Our goal for each of you is a lifestyle that includes nutritious food, regular activity and adequate sleep. As you work toward that goal, let My Blue Rewards assist you. It is a Wellness Program powered by FloridaBlue and WebMD. If you haven't already created an account, you can do so by

visiting FloridaBlue.com. After signing on select the Discounts & Rewards page under the Health & Wellness tab. From there select Earn BlueRewards and you'll be taken to the rewards lobby with a list of all the activities you can complete. You will earn points redeemable for prizes. To get started, go to: www.floridablue.com



Additional Screening Events

- May 3 | 9am - 12pm
Hastings Fire Station # 8
- May 25 | 9am - 2pm
Emergency Management
- June 14 | 2pm - 5pm
PV Concert Hall
- June 28 | 2pm - 5pm
Parks & Recreation
- July 27 | 9am - 12pm
SE Branch Library
- August 10 | 2pm - 5pm
Jullington Creek Annex
- August 30 | 12pm - 7pm
SJSO Squad Room



Lunch-n-Learn

Living the Sweet Life
May 17 | 12-1 | BCC Training & Education Center
The discussion will help you understand what diabetes is, the types of diabetes and how it is diagnosed as well as introduce the benefits of self-management.