



BETTER YOU HEALTH SCREENING

Florida Blue 
BetterYou 

- Free health screenings for cholesterol, diabetes, blood pressure and more – with immediate results.
- Tips on health related topics such as nutrition, diet and fitness.
- Valuable information to help you maximize your health benefits.
- Experts on site to answer your health questions.

Presented by Florida Blue and St. Johns County BOCC

County Administration

Wednesday, 5/22 – 9a-1p

Thursday, 6/13 – 9a-1p

Tuesday, 6/25 – 9a-1p

Monday, 7/15 – 9a-1p

Wednesday, 7/17 – 9a-1p

Public Works Department

Wednesday, 8/7 – 9a-1p

Utility Department

Wednesday, 8/21 – 9a-1p

Please make your appointment today.

[Click Here for Sign-up Link](#)

Fasting for two hours prior to the health screening is recommended, NOT required.

Contact: Risk & Benefits Team – BCCBenefits@sjcfl.us