



PUTTING
THE 'A'
BACK IN

BAY

Join us for a special day focused on your health, energy, and overall wellbeing!

Whether you're ready to kick off your wellness goals for the new year or just curious to learn more about your health, this event is designed with you in mind.



Date: January 5th, 2026



Time: 10:00 AM – 5:00 PM



Location: A. Crawford Mosley High School, Mosley Cafeteria
501 Mosley Drive
Lynn Haven, FL 32444



WHAT TO EXPECT AT THE HEALTH FAIR

Health fairs are interactive events designed to educate, empower, and engage individuals in making healthier lifestyle choices. At this fair, you'll find:

- Health Risk Assessment (HRA) including Biometric Screening
- Wellness Vendors offering resources, samples, and giveaways
- Fitness Demos
- Mental Health Resources/Stress Management Tools
- Nutrition Education and healthy snack ideas
- On-site Experts to answer your health-related questions

Whether you're focused on fitness, mental wellbeing, or preventive care, there's something for everyone—and attendees will be entered into a raffle for prizes!

Team members enrolled in the health plan are eligible for the Health Risk Assessment (HRA) and biometric screenings. Appointments are encouraged, but walk-ins are welcome. [Click here to schedule.](#)

Not enrolled in the health plan? You're still invited! There will be plenty of resources available beyond the HRA and screenings.

2026 BAY DISTRICT SCHOOLS' FACULTY AND STAFF

Health Fair



WHAT IS A HEALTH RISK ASSESSMENT AND BIOMETRIC SCREENING?

Biometric screenings are quick, confidential checks that give you a snapshot of your health. You'll get results right away and may even speak with a health professional about what they mean. Screenings include Blood Pressure, Cholesterol Levels, Blood Glucose (Sugar), Body Mass Index (BMI), and Waist Circumference.

You'll also complete a short health questionnaire—also known as a Health Risk Assessment (HRA). The HRA and Biometric Screening helps identify your risk factors for conditions like heart disease, diabetes, and hypertension.

Your Privacy Is Protected

Your results are secure and never shared with your employer. Florida Blue only uses group-level data to help offer better wellness programs. You may be invited to join voluntary programs based on your results.