



September 4, 2009

Dear Duval Public Schools Employee:

Thank you for your upcoming participation in our **"Better You from Blue"** online health risk assessment. Your company's health is very important to us and this is a first step to good health for all employees!

The online health risk assessment provides participants with a confidential and customized personal health report, access to health coaches, web-based information, helpful tools and wellness resources. No personal information or results are shared with your organization.

Participants may access the online assessment from work or the privacy of their own home using a PC with internet access, a connected printer, and \*Adobe® Acrobat Reader 4.0 (or greater). Spouse and dependants (18 years of age and older) covered under an employee's Blue Cross Blue Shield of Florida health plan may also complete the assessment.

You will have access to the online health risk assessment for the period **beginning at 12:01 a.m. on 9/8/2009 and ending at midnight on 8/1/2010.**

To Good Health,  
Health Promotions – **"Better You from Blue"**  
BlueCross BlueShield of Florida, Inc.

\* Adobe® Acrobat Reader can be downloaded free of charge from following website:  
<http://www.adobe.com/products/acrobat/readstep2.html>



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