

To: Principals
Assistant Principals
District Office Administrators

From: Bruce Tonjes

Subject: Details about August 6 Back-to-School Meeting

The August 6 Back-to-School meeting will now be held at First Assembly of God Church, two blocks north of Bartow High School. Continental breakfast will be available starting at 7:00 A.M. with the meeting starting at 7:30. Parking is available behind the church. Breakfast is compliments of Polk Education Foundation. Lunch will be provided compliments of MidFlorida Schools Credit Union.

You may choose to have a Personal Health Assessment (PHA) screening which will be available from 6:00 A.M. – 7:30 A.M. The health assessments will be done in a room next to the breakfast area. The free voluntary health assessments are offered to all employees; however, employees who choose to enroll in the new HRA Health Plan (BCBS 3160/3161) will earn an additional \$500 contribution for their Health Reimbursement Account. The PHA and screening analyzes your responses to questions about your health history and lifestyle, your biometric screening results (blood pressure, cholesterol, glucose and weight) and lets you know what conditions you may be at risk for and offers suggestions on how to reduce or eliminate your risk. You will even have an opportunity to sit down with a health advisor to discuss changes that you can make to improve your health. All of this will take approximately 15 – 20 minutes. A 2-hour fasting for the biometric screenings is recommended but not required.

You may schedule your appointment for the Health screening by clicking on this link: <https://www.pickatime.com/client?ven=11602551>. These appointments will be made on a first-registered, first-served basis since there will not be enough time to do all administrators on August 6.

Please note: You will be asked to create a Login ID and Password. Click on login, enter your email address, create a password and choose your group's name (Principals and APs) First Assembly of God. Choose your appointment.

You may call Joy Myers at 55678 if you have questions about the health screening.