

Health & Wellness Tip of the Week

Week 32 August 6, 2018

Our mission is to promote health awareness and
Encourage healthy lifestyles.



BlueCross BlueShield
of Texas

Take wellness to heart

Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation
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Shots – Vital at Each Stage in Life

August, National Immunization Awareness Month, is a great time to make sure all the people in the family are up-to-date on vaccines. It's best for kids to have their shots before heading back to school.

Vaccines are of great value at each stage of life, from infancy to old age. Even a pregnant mother should receive certain shots to pass on immunity to her unborn child.

While you and your family are getting your flu shots, it's a perfect time to ask your doctor about other vaccines you might need.

Source: U.S. Department of Health and Human Services

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