

Health & Wellness Tip of the Week

Week 24 June 11, 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, a Mutual Legal Reserve Company, an Independent Member of the Blue Cross and Blue Shield Association.

Stop that Falling Feeling

Do you know that falls are the most common cause of traumatic brain injuries and concussions? One way to lower your chances of falling is by getting your eyesight checked. If medication is making you dizzy and sleepy, talk to your doctor. He or she may be able to suggest changes in the dose or the types of drugs you are taking.

Source: National Safety Council

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