

Health & Wellness Tip of the Week

Week 43 October 22, 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

Halloween Driving

Pint-sized ghosts, witches and superheroes are no match for cars. With excited trick-or-treaters filling neighborhood streets, adults must take extra care while driving. Here are a few tips:

- Watch for children walking on roadways, medians and curbs
- Enter and leave driveways and alleys with care
- At twilight and later in the evening, watch for children in dark clothing
- Don't let new, inexperienced drivers take the wheel on Halloween

Source: National Safety Council

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