



# Health and Wellness Tip of the Week Week 4 - January 21, 2019



BlueCross BlueShield  
of Texas

Take wellness to

heart

## Vaccines, Not Just for Kids

Sometimes when we think of vaccines, we think of all the vaccines for children. But there are some vaccines that can keep you healthy as an adult, such as flu shots. There are also some required vaccines when traveling to certain global destinations.

Talk to your doctor about what's right for you based on your age, health, job, way of life and travel habits.

*Source: Centers for Disease Control and Prevention*

### City of Mission

Human Resources Department  
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Our mission is to promote health  
awareness and encourage healthy  
lifestyles.

[www.missiontexas.us](http://www.missiontexas.us)

