



Health and Wellness Tip of the Week Week 5 - January 28, 2019



BlueCross BlueShield
of Texas

Take wellness to **heart**

Yearly Health Exams, Keeping You Going

It's easy to go about our busy lives thinking about everything, except our health. We often put off health exams and other checkups just because of our busy schedules. Invest in your future by taking time to take care of yourself.

Routine health exams can help spot issues before they start. Plan your yearly exam soon!

Source: Centers for Disease Control and Prevention

City of Mission

Human Resources Department
1201 E. 8th Street
Mission, TX 78572
956-580-8631

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

www.missiontexas.us

