



Health and Wellness Tip of the Week Week 2 – January 7, 2019



BlueCross BlueShield
of Texas

Take wellness to

heart

Health Care That's Right For You

Many preventive services can help spot health issues early. They can also give your doctor a better sense of health problems you may be more likely to get. During your next health exam, your doctor can talk to you about which services you may need.

Here are examples of preventive care to consider:

- Mammograms, prostate exams and other cancer screenings
- Blood test to check your cholesterol level and other numbers
- Blood pressure reading
- Oral health exam at your doctor or dentist
- HIV/AIDS testing
- Hepatitis testing

Source: Centers for Disease Control and Prevention

City of Mission

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

www.missiontexas.us

