

Mission In Motion

Health & Wellness
Tip of the Week
Week 42



October 14, 2013

What's your doctor's name? Many people can't answer that question because they don't have an ongoing relationship with a primary care physician. Developing this relationship is the best way to make sure you get the care that's right for you. Share your medical history and ask about preventive measures you can take to avoid illness or manage diseases. Keep track of your child's immunizations. Let your doctor know about all medications you're taking, even over-the-counter medicines and herbal remedies.

Source: Blue Cross and Blue Shield Association

Human Resources Dept.
1201 E. 8th Street
Mission, TX 78572
956-580-8630

