

Health & Wellness Tip of the Week

Week 7
February 12, 2018

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



BlueCross BlueShield
of Texas



Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association.

Know the Signs of a Stroke

Strokes can be treated with the most success within three to four and one-half hours after the start of warning signs. Dial 911 right away if you or someone you're with all of a sudden has these signs:

- Numbness or weakness of the face, arm or leg
- Confusion, or trouble speaking or understanding
- Trouble seeing in one or both eyes
- Trouble walking, dizziness or loss of balance
- Bad headache with no known cause

Source: American Heart Association Go Red for Women

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