

Health & Wellness Tip of the Week

Week 16 April 16, 2018

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



BlueCross BlueShield
of Texas

Take wellness to heart

Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Equal Opportunity Employer of Blue Cross and Blue Shield Association.

Baby's First Shots

Polio, whooping cough, diphtheria, rubella. They're just some of the diseases that were seen a lot among children of past generations. Today they are rare thanks to vaccines.

Pediatricians suggest shot against these diseases during your child's first six months-but see your child's doctor to get a full and detailed schedule for your child.

- Hepatitis B
- Diphtheria, Tetanus and Pertussis (DTaP), or whooping cough
- Haemo philus influenza type b (Hib)
- Polio
- Pneumonia
- Rotavirs

Source: American Academy of Pediatrics

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