

Health & Wellness Tip of the Week

Week 26 June 25, 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 Independent Member of the Blue Cross and Blue Shield Association.

Should I Get Tested For HIV?

HIV can touch a person no matter what sexual orientation, race, background, sex or age they are. **About one in seven people in the U.S. who have HIV do not know they have it and can spread the virus without knowing it.**

National HIV Testing Day is June 27. It's a great time to know how likely you are to get HIV. Learn the facts about how HIV is spread and the value of getting tested. The Centers for Disease Control and Prevention advises all people between the ages of 13 and 64 get tested for HIV at least once. Some people who are more likely to get HIV should get tested more often. If you are not clear about how likely you are for HIV infection, speak with your doctor, a nurse or other health care professional.

Source: U.S. Department of Health and Human Services

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