

# Health & Wellness Tip of the Week

# Week 42 October 15, 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 Member of the Blue Cross and Blue Shield Association

## Taking the Trick out of Treats

*Don't let treats become the scary part of Halloween. Be sure to:*

- Tell your children not to eat any treats until they get home
- Check all treats they get for choking hazards and tampering before letting them eat them.
- Limit the amount of treats they – and you – eat.
- Allow factory-wrapped treats only and avoid homemade treats made by strangers.

*Source: Centers for Disease Control and Prevention*

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