



It's About All of Us

Screening and vaccines help protect your community



You can improve the health of your community and personal well-being. By getting regular screenings and flu shots, you can help prevent or slow down many illnesses.

Get a flu shot by the end of October to help stay healthy all season long.

Go for regular health screenings to improve your chances of living a long, healthy life.

Learn more at bcbsks.com/strive.

SOURCES
Centers for Disease Control and Prevention: "Regular Check-Ups are Important"
Centers for Disease Control and Prevention: "Who Needs a Vaccine and When"

 Doctor Verified | Melinda Ratini, DO MS | July 2020



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