

Calling the shots



BlueCross BlueShield of Texas



It's always better to prevent a disease than to treat it—that's why immunizations are so important.

Vaccinations help prevent infectious diseases and save lives.

While vaccines have a high success rate, there is some public concern about their safety. Vaccines, like prescription drugs, aren't completely free of possible side effects. But most effects are minor and temporary, such as a sore arm, mild fever or swelling at the injection site. If you have concerns, talk to your health care provider.

The health benefits of vaccines far outweigh the side effects when you consider:

- Outbreaks of vaccine-preventable diseases still occur
- Without protection from vaccines, the vaccine-preventable diseases that have nearly been eliminated are likely to return
- Many other countries don't have immunizations available as we do in the U.S., and they continue to have disease outbreaks — dangerous diseases could be only a plane ride away

Source: Centers for Disease Control and Prevention



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Safeguard your and others' health by sticking with a regular vaccination schedule.
The Personal Health Manager's *Family Management* feature allows you to keep track of immunizations — another helpful health resource available through Blue Access® for Members.