

MEN'S HEALTH TUNE UP TIPS



Tune in to the Blue Cross and Blue Shield of Texas worksite wellness podcast for a short episode about tips for taking care of your health through routine maintenance. We'll cover:

- immunization recommendations
- why you should get regular health screenings
- why you should know your health stats



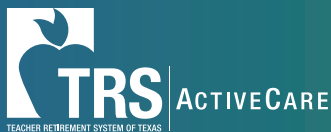
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