

It's Your Choice.

Get The Right Shots At The Right Time

It's nice to know there are simple steps you can take to keep your child or family healthy. Simple shots and vaccines can protect your child from disease and illness – and keep everyone in your family on the path toward good health.

Your doctor can tell you the shots that are needed at certain times and ages. Getting the right shots at the right time is an important way to care for your family's health, and help keep down costs for you and everyone in your health plan.

Keeping your child healthy helps prevent childhood disease and medical problems. Good health also gives your child a better start in school. And when your child is healthy, you'll feel better, too.

Talk to your doctor about your child's health. Make sure your child sees the doctor for the right checkups – and gets the right preventive care.

For more ways each of us can help keep health care affordable, visit www.bcbst.com or talk to your Benefits Manager.

When it comes to the cost of health care, it's your choice. And your choices make a difference.

