

# You FIRST

*Your Month of Wellness*

Issue XX—August 2022

## The Power of Prevention

We see preventive care advertised frequently and hear about it from our doctors, but what does it mean? Why is it important? Preventive care is the steps you take to stay healthy and reduce the risk for potential illnesses, chronic diseases and medical problems. Annual check-ups, immunizations, flu shots and screenings are a few examples of preventive care.

### National Immunization Awareness Month (NIAM)

- **August** is recognized as National Immunization Awareness Month. This health observance highlights the importance of vaccinations for people of all ages.
- By getting vaccinated, you are not only lowering your chance of getting sick yourself, but also reducing the chance of spreading it to your community and loved ones.
- Making sure your child sees their doctor for [well-child visits and recommended vaccines](#) is one of the best things you can do to protect both your child and community from serious diseases that can be easily spread.

### Adult Vaccine Assessment Tool

- Vaccines are recommended for adults based on a number of factors such as age, health condition, occupation, etc.
- Which vaccines do you need? Scan the QR code below or click [here](#) to find out! Be sure to discuss the suggested list based on your answers with your primary care physician.

*\*This assessment tool applies to adults 19 years or older.*



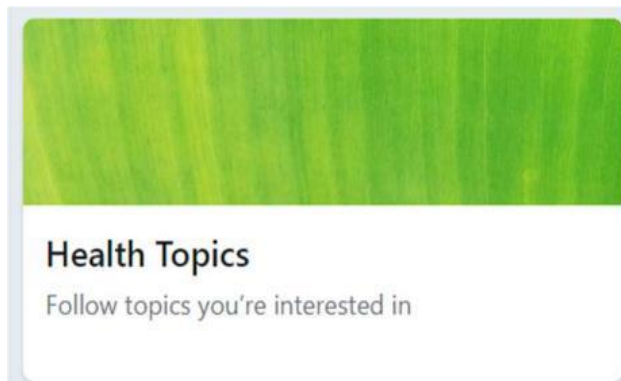
The Adult Vaccine Quiz | CDC  
[www2.cdc.gov](http://www2.cdc.gov)

[National Immunization Awareness Month \(NIAM\) | CDC](#)

## The Seasonal Flu

It's almost that time of year again - flu season. The best way to prevent contracting the seasonal flu is to get a [vaccination](#) each year. See the list below for a few of the many benefits of getting your flu vaccine:

- **Keeps you from getting sick.** The flu vaccination prevents millions of illnesses and flu-related doctor visits each year.
- **It is an important tool for those with certain chronic health conditions.** According to the [CDC](#), the flu vaccination has been associated with lower rates of some cardiac events among people with heart disease. For those with diabetes and/or lung disease, flu vaccination has also been associated with reduced hospitalizations due to worsening conditions.
- **Protects those who are pregnant before and after pregnancy.** By getting vaccinated, this reduces the risk of flu-associated respiratory infections in pregnant people by approximately one-half! Studies have also found that a vaccine given during pregnancy can help protect the baby several months after birth.
- **Protects the people around you.** By getting vaccinated yourself, you are also protecting the people around you who are more vulnerable to serious flu illnesses such as babies, children, older people, and those with chronic conditions.



Looking for more information on adult or pediatric vaccinations? Check out the *Health Topics* section in your CareFirst Well-being platform!

- [Login or create an account](#)
- Click on the *Discover* icon, then *Health Topics* to get up to date information on your timeline pertaining to vaccination information.

### Blue365 Featured Deal for August-

One great way to [Achieve a Healthier You](#) is to take advantage of the Blue365 Health and Wellness discount program provided to insured CareFirst members (anyone with Medical, Dental, Vision and/or Disability coverage).

#### 30% Off select Men's and Women's Styles Year-Round

An award-winning leader in the footwear industry, SKECHERS' footwear heritage can be traced back to its first utility boot in 1992. Blue365 members can now receive exclusive pricing on select Work and Corporate Casual Styles through the SKECHERS Direct online store.

- 30% Off select Men's and Women's SKECHERS styles year-round
- Over 300 styles available
- Free shipping included

Click [here](#) for more information!