## Preventive or routine care helps you stay well or find problems early, when they're easier to treat.

Vaccinations help strengthen your body's immune system and keep you safe from preventable diseases.

请注意:如果您说中文,可向您提供免费语言协助服务。 请拨打您的身份证背面的号码(TTY:711)。

Cross Blue Shield Association.

su tarjeta de identificación (TTY: 711).

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The Claims Administrator/Insurer complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de

## and Vaccination Tracker



## Health Screening and Vaccination Tracker

## Discuss with your provider what vaccinations and health screenings may be right for you.

| DATE | SCREENING | VACCINATIONS |
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