

HPV Vaccine
MBR-20260

When should my child get the HPV vaccine?
10-12 YEARS
 Administration guidelines unavailable. Not recommended at this age.

11-12 YEARS
 2 shot series given 6 months apart. Recommended ONLY for those at increased risk for HPV infection.

13-15 YEARS
 2 shot series given 6 months apart. Most preferable and the CDC recommended receiving the HPV vaccine between the ages of 11-15 years.

SHOULD BOYS GET THE VACCINE?
 YES. Males can catch and spread HPV. In addition, some men develop throat, cancers and genital warts from persistent HPV infections.

DOES THE HPV VACCINE AFFECT FERTILITY?
 There is currently no evidence that the HPV vaccine affects fertility. However, NOT getting the vaccine can lead to fertility, cancer treatments and other adverse effects of the reproductive tract that CAN lead to infertility. Based on available evidence, the HPV vaccine protects best fertility.

If you have questions or concerns, contact a Blue Cross health specialist.
1-888-759-2764
AlabamaBlue.com

BlueCross BlueShield of Alabama
 We cover what matters.

The HPV Vaccine Preventing Cancers. Saving Lives.

According to estimates, HPV infections lead to 35,000 cases of cancer every year. Adults can receive the vaccine until age 45.

But there is good news: HPV can be prevented through a simple vaccine.

Packets Needed

Lifestyle Rx for a Healthy Pregnancy - Baby Yourself
PRV-20458

Lifestyle Rx: Health Coaching
 for a Healthy Pregnancy

Enroll in the Baby Yourself Maternity Program today!

- Call **1-800-222-4379**,
- or Enroll online at **AlabamaBlue.com/BabyYourself**
- or Download the **Baby Yourself App**
- Compatible with iOS and Android.

You will receive special attention throughout your pregnancy from registered nurses with experience in prenatal care, labor and delivery, and newborn care at **no additional cost to you!**

BlueCross BlueShield of Alabama

The Baby Yourself Maternity Program is provided by Blue Cross and Blue Shield of Alabama, an independent licensee of the Blue Cross and Blue Shield Association. There is no charge from Blue Cross for the Baby Yourself app, but there may be charges from your health plan.

Packets Needed

Lifestyle Rx for Health Coaching
PRV-20459

Lifestyle Rx: Health Coaching

Resources are available to help you:

- Reverse Health Risks
- Modify Lifestyle Habits
- Stay Motivated & Inspired
- Find Community Resources

...at no additional cost!

Enroll in the Health Coaching Program today!
 Call **1-888-699-6168**, or Email us at: **MemberManagement@BCBSAL.org**

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Packets Needed

Lifestyle Rx for Managing Chronic Conditions
PRV-20460

Lifestyle Rx: Managing Chronic Conditions

Do you suffer from...

- Asthma
- Chronic Kidney Disease
- Chronic Obstructive Pulmonary Disease
- Heart Failure
- Coronary Artery Disease
- or Diabetes?

Blue Cross can help you have a better quality of life.

Call us at **1-888-341-5030 (TTY: 711)** from 8 a.m. – 4:45 p.m. CST, Mon. – Fri., or email us at **BlueAdvantageMemberManagement-Nurses@bcbsal.org** to participate in a lifestyle coaching program designed to empower you to stay on track!

BlueCross BlueShield of Alabama
 A Medicare Approved PPO

Blue Advantage
 A Medicare Approved PPO

Blue Advantage is a Medicare approved PPO Plan provided by Blue Cross and Blue Shield of Alabama, an independent licensee of the Blue Cross and Blue Shield Association.

Packets Needed

Lifestyle Rx for Serious Illness Care
PRV-20484

Make Each Day Matter
 Serious Illness Care Information

Are you or someone you know caring for a Blue Advantage® patient suffering from one or more of the following conditions?

- Metastatic cancer
- Chronic heart failure
- ESRD (on dialysis)
- Dementia
- ESRD (on dialysis)
- COPD

Our experts can provide help with care planning, pain and symptom management and referrals for home-based care.

Blue Cross can help you improve the quality of your life.
 Call us at **1-888-341-5030 (TTY: 711)** from 8 a.m. – 4:45 p.m. CST, Mon. – Fri., or email us at **BlueAdvantageMemberManagement-Nurses@bcbsal.org** to receive assistance from experienced registered nurses.

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Packets Needed

Know Where to Go
FYH-400

It's important to understand when to see your Primary Care Physician and when to visit an Urgent Care facility or an ER.

PRIMARY CARE PHYSICIAN
 Go to your Primary Care Physician to help manage total care and to seek treatment for non-emergency conditions.

URGENT CARE
 Go to an Urgent Care clinic after hours when your Primary Care Physician is unavailable.

EMERGENCY ROOM
 Go to the ER immediately for severe and/or life-threatening conditions. ERs include hospital-based emergency rooms and freestanding ER facilities.

BlueCross BlueShield of Alabama

Packets Needed

myBlueWellness
FYH-279

Wellness Programs
 Let Blue Cross and Blue Shield of Alabama help you make healthy positive changes.

Packets Needed

Physical Activity for the Family
FYH-268

Physical Activity for the Family
 Learning to enjoy physical activity can help your child develop strong muscles and bones while maintaining a healthy weight. These tips can help your family be more active together.

HAVE FUN. Active play is vital. Encourage kids to take part in fun activities for a total of 60 minutes each day, either all at once or in shorter activity bursts.

GET INVOLVED. Choose fun activities you can do together to help the whole family feel better. For a variety of game ideas, bring ideas to the park or walking together after dinner.

BE CREATIVE. Getting exercise does not mean going to the gym. Any activity will do – a Frisbee game, a trip to the park or a game of Trumper.

SCREEN TIME. Watching television, playing video games, and internet surfing can prevent children from getting the physical activity they need. Set a daily "screen time" limit of one to two hours.

SET THE STAGE. If your child has a television in the bedroom, consider replacing it with a book. Dining and playing are active fun.

JOIN A TEAM. Check with your local parks department or recreation center. Many communities offer low-cost or free recreation programs.

BlueCross BlueShield of Alabama
 AlabamaBlue.com/myBlueWellness

Packets Needed

Preventive Screening and Immunization Guidelines for Adults
FHV-51

Preventive Screening and Immunization Guidelines for Adults

Early detection is the key to beating many illnesses and diseases. Getting the right tests at the right time can increase chances of treatment success and survival. Ask your doctor what's right for you.

Packets Needed

Talking About Your Health
PRV20485

Talking About Your Health

Packets Needed

Allow 4 to 6 weeks for delivery.