



October Better You Pursuit Newsletter – Florida Blue

At Florida Blue, your health and the health of the communities we serve is our top priority. We are very strong believers in the saying: “An ounce of prevention is worth a pound of cure”. This is why this month, as we officially enter flu season, and October being Breast Cancer Awareness month, your Florida Blue team is here to answer your questions about vaccines, and preventive screenings, help you find the care you need, and save money.

NEWSLETTER (attached) – October 2023 highlights are:

- ‘Tis the season for your flu shot
- October is breast cancer awareness month
- Recipe ~ Stuffed Pepper Soup

LIVE WEBINARS

Staying informed, getting resources, and speaking with experts on a variety of health topics for a Better You is just a few clicks away! Register today for [Florida Blue’s wellness education live webinars](#). Or point your smartphone camera to the QR Code below. All times are Eastern. Interested in a topic but cannot attend? Still, register! You will receive the link to the live webinar recording the day after the event.



Upcoming topics:

- ✓ Reduce Your Cancer Risk – Tuesday 10/10 – 1:00pm –2:00pm
- ✓ Diabetes Essentials (Sanitas) – Wednesday 10/18 – 12:00pm – 1:00 pm
- ✓ Healthy Desserts (Ask the Dietitian) – Wednesday 10/18 – 1:00pm – 1:45pm

Missed passed webinars? [Listen to webinars recordings here](#).

FLORIDA BLUE ANSWERS

Did you know? Becoming and staying healthy can help you lower your healthcare premiums next year. Learn how with these tips.

- [Money saving tips](#)
- [Health screenings, including breast cancer screening](#)
- [This year’s flu season](#)



HEALTHY NUGGETS (Short videos) ~ Got a moment? Check these out!

- [10 Ways to Boost Your Immune System \(1:24\)](#) – While washing your hands thoroughly several times a day can send those germs down the drain before your body ever has to fight them off, we are going to show you in this video how you can increase your chances of staying healthy by boosting your immune function naturally.
- [How do I know if I have a cold or the flu? \(0:29\)](#)
- [Can I get the flu from the flu shot? \(0:25\)](#)
- [How important is it for children to be vaccinated? \(0:30\)](#)
- [I'm young and healthy, do I need a flu shot? \(0:29\)](#)
- [Flu shots for people 65 and older \(0:30\)](#)

FLORIDA BLUE CENTERS

Get support from our friendly team members at your local Florida Blue Center. Our community specialists and nurses can help you understand your health plan, compare costs, enroll in rewards, connect with local resources, improve your health with care management and a lot more. Your local Florida Blue Center will be offering vaccine clinics from 10:00 am to 1:00 pm on the dates below. Your local center will have flu, flu 65, pneumonia, TDAP, hepatitis A & B adult, shingles, COVID-19 (new series), COVID-19 booster, and HPV vaccines available.

- Thursday, October 12th
- Saturday, October 28th

[Find a Florida Blue Center near you](#) and schedule an appointment (not required but suggested).