



Back to School & General Wellness for the Whole Family – Florida Blue

August marks the end of vacation for many folks across the state, and Florida families are preparing for back-to-school season, football season, and more. Now is the perfect time for annual checkups for your entire household and for making sure your kids are up to date on their vaccinations. "Maintaining physical and mental health checkups with your primary care doctor is an important tool to help prevent or detect serious illnesses and diseases as well as to monitor certain conditions," says Dr. Kelli Tice, Senior Medical Director for Medical Affairs at Florida Blue. To make it easier for you to know which preventive care you and your child need, we have attached Florida Blue's 2023 General Wellness Guidelines for the whole family. It includes your child's immunization schedule.

Speaking of immunizations, 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. [Click here](#) to find the Florida Blue Center closest to you and make appointments for you and your family.

- Saturday, August 5th
- Thursday, September 7th
- Saturday, September 23rd
- Thursday, October 12th
- Saturday, October 28th

While you and your kids are at your local Florida Blue Center on Saturday, August 5th, enjoy a fun-filled morning from 10:00am to 1:00pm with school supply giveaways and learn about member perks & and community resources. This is a FREE family-friendly event full of fun! While supplies last, attendees will be eligible to receive a backpack by visiting a participating Florida Blue Center that day. Limit 3 backpacks per household. Parent or guardian must be present with child(ren). (Flyer attached)