

Are you ready for back to school?

As summer comes to a close, school doors open! August can be a busy time at the doctor's office, so we encourage you to schedule any appointments you may need as soon as possible. Get you and your child ready for the school season.

When was the last time you visited a doctor?

Regular health exams and tests can help find problems before they start. By visiting your doctor every year you are:

- Taking steps to help your chances for living a longer, healthier life.
- Assessing risks of future medical problems.
- Screening for diseases.
- Updating immunization records.



Is your child fully vaccinated?

School-age children, from preschoolers to college students, need vaccines. Remember to keep track of the immunizations you and your child may need. The Centers for Disease Control and Prevention (CDC) recommends vaccinations from birth through adulthood to provide a lifetime of protection against many diseases and infections, such as:

- Influenza (flu).
- Hepatitis A and B.
- Human papillomavirus (HPV).
- Pneumococcal disease.

Talk to your doctor about which immunizations are needed for you and your family.



For a full list of immunizations by age group visit, cdc.gov/vaccines/schedules, or scan the QR code with your phone.

Sources: National Foundation for Infectious Diseases, nfid.org/about-vaccines/reasons.
The Centers for Disease Control and Prevention, cdc.gov/vaccines.

Please note: Preventive care services and screenings are only covered when rendered by an in-network physician or health care professional.

NJ DIRECT and Horizon HMO are administered by Horizon Blue Cross Blue Shield of New Jersey and Horizon Healthcare of New Jersey, Inc., respectively. Both companies are independent licensees of the Blue Cross and Blue Shield Association. The Blue Cross® and Blue Shield® names and symbols are registered marks of the Blue Cross and Blue Shield Association. The Horizon® name and symbols are registered marks of Horizon Blue Cross Blue Shield of New Jersey. ©2014 Horizon Blue Cross Blue Shield of New Jersey. Three Penn Plaza East, Newark, New Jersey 07105.