

Staying well this fall:

Proactive steps for a healthy season

As summer comes to a close and fall schedules pick up, it's an ideal time to refocus on your overall health and wellbeing. With back-to-school routines, fuller calendars, and the start of cold and flu season, it's easy for preventive care to slip through the cracks. Prioritizing regular checkups, staying current on recommended vaccinations, and building consistent healthy habits can help you and your family stay well and ready for the season ahead.

At Excellus BlueCross BlueShield (BCBS), we're committed to supporting our members' health and wellbeing. That's why this August, our Excel Your Well webinar will focus on **"Staying Well This Fall: Proactive Steps for a Healthy Season."** This webinar will share practical tips to help keep yourself and your family well while making the most of the season.



Join us for this 45 minute engaging webinar, hosted by Excellus BCBS Medical Director, Deanna McDonald, M.D.

This session will cover:

- Staying ahead with preventive care
- Seasonal vaccines and illness prevention
- Back to school health tips
- Healthy habits for busy schedules
- When and where to seek care
- Additional benefits and resources offered through the health plan to support your wellbeing



When our members have the resources and support to prioritize their health and wellbeing, everybody benefits.

Webinar date: Wednesday, August 19

Webinar time: Noon - 12:45 p.m.



To register for the upcoming webinar, please scan the QR code or click [here](#).

Excellus 

Everybody Benefits