

# TRS-ActiveCare REDUCE YOUR CANCER RISK



Tune in to the worksite wellness podcast by Blue Cross and Blue Shield of Texas for a short episode to learn how to reduce your risk of cancer. We'll cover:

- types of cancer screenings and why they're important
- vaccines that reduce cancer risk
- how healthy choices reduce your cancer risk



**Listen to the podcast at your convenience!**  
Click on the link below or scan the QR Code:  
**Reduce Cancer Risk**



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