

Consumer Health Education Materials

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Depression

- _____ F6984 Understanding Depression
- _____ F7797 Comprender la depresión (Spanish version)
- _____ F7693 Depression Newsletter volume 1
- _____ F7694 Depression Newsletter volume 2

Diabetes

- _____ F6983 Living with Diabetes
- _____ F7796 Vivir con diabetes (Spanish version)

Heart care

- _____ F7016 Participating in Your Heart Care
- _____ F7795 La participación en su salud cardíaca (Spanish version)

Influenza*

- The flu's fingerprints can touch everyone (available in English, Spanish, Hmong and Vietnamese)
- Pregnancy/infant brochure
- "After the Shot" brochure

Pediatric ear infections

- _____ F6791 Watching for Ear Infections
- _____ F7794 Cómo saber cuando es infección de oídos (Spanish version)

Preventive health

- _____ F6326 Being Well: Guide to preventive health care
- _____ F7849 Estar bien (Spanish version)

*Download influenza brochures at www.bluecrossmn.com. See employer self-service, select "Employee Communication Resources," then "Health Support" in the "browse by topic" section.