

BE INVOLVED

in Be Wise



Be Wise – ImmunizeSM
Physicians Caring for Texans

BE INFORMED

- **Take a free vaccine-related CME course** (two coming in 2020)
- **Talk to Patients About ... vaccinations** (Read the monthly segment in *Texas Medicine* or online)



BE VOCAL

- **Use TMA vaccination handouts** in your office or at events
- **Write a letter** to the editor or op-ed about vaccinations (TMA offers samples)
- **Be a vaccination spokesperson** (start by taking TMA's media training course)
- **Advocate** at civic meetings or to your legislators



BE SOCIAL

- **Talk to your neighbors, family, and friends** about the importance of vaccinations
- **Share posts on social media** promoting vaccinations (create your own or use TMA-provided posts)
- **Write a blog post** for TMA's patient-friendly *Me&My Doctor*

BE ACTIVE

- **Host a local Be Wise shot clinic or educational event** (TMA offers grants to assist)
- **Talk about vaccinations at your Walk With a Doc Texas events**



www.texmed.org/BeWise

To discuss more ways to get involved, contact TMA's outreach coordinator
Tammy Wishard | (512) 370-1470 | tammy.wishard@texmed.org.

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