

Get a flu shot. Fight the flu.

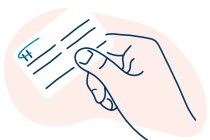


A flu shot is your first line of defense against the flu. It helps protect you from the virus and slows the spread of symptoms to others.

It is recommended that everyone over the age of 6 months old receive a flu shot. Flu shots have a very good safety record, and you cannot get the flu from the vaccine.

The flu shot is especially important for:

- Children, especially those under 5. Children are twice as likely than adults to get the flu.
- Adults 65 and older. Consider asking for the higher dose of the vaccine.
- Pregnant women.
- Health care workers.
- Those with health conditions, such as asthma, diabetes, or heart disease.
- People who live with, or care for, the individuals mentioned above.



Talk to your doctor about scheduling flu shots for you and your family.

If you have questions, reach out to Member Service. Their number is on the back of your insurance card.



Because Life.™

Source: Centers for Disease Control and Prevention



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