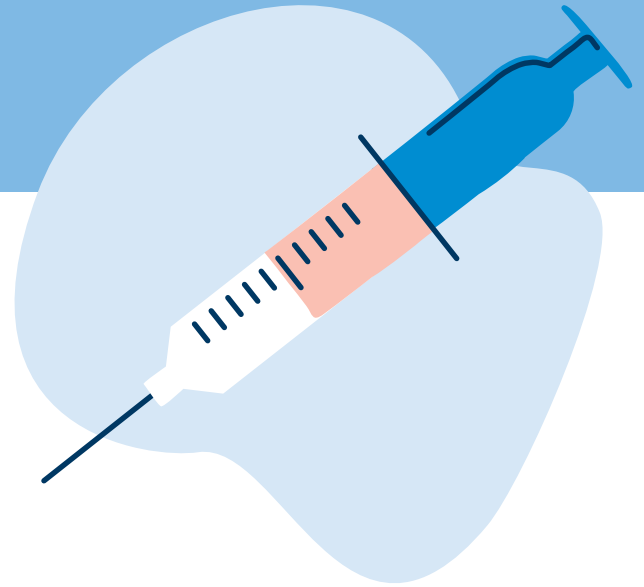


# Get a flu shot. Fight the flu.



**A flu shot is your first line of defense against the virus. It helps protect you by easing your symptoms and slowing the spread to others.**

**It is recommended that everyone over the age of 6 months old receive a flu shot.**

Flu shots are safe and effective, and you cannot get the flu from the vaccine.

## **The flu shot is especially important for:**

- Children, including 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.
- People who are pregnant.
- 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 by calling the number on the back of your insurance card.



Because Life.™

Source: Centers for Disease Control and Prevention



Because Life.™

This is intended to provide general information only and is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider regarding your medical condition(s). Coverage for medical services described herein is subject to the terms of your health plan benefit agreement and network coverage varies by plan. Check your member materials for details.

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The Claims Administrator/Insurer complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

请注意：如果您说中文，可向您提供免费语言协助服务。请拨打您的身份证背面的号码（TTY：711）。