

spread the word: **don't spread the flu!**

Even healthy people can get the flu, and it can be serious. Everyone 6 months of age and older, with rare exceptions, should get a vaccination. Talk with your primary care physician if you have any questions.

A new season brings new strains.

There are many flu viruses, and they are always changing. Each year a new vaccine protects against three or four viruses that are likely to cause sickness. Even when the vaccine doesn't exactly match these viruses, it may still provide some protection.

You can't get the flu from a flu shot.

The viruses in flu shots are either dead or don't contain virus particles. Antibodies develop about two weeks after vaccination, so you're protected quickly.

Where can you go for a no-cost flu vaccine?

We make it easy to protect yourself against the seasonal flu, in two convenient ways.

1. Your physician's office

Your primary care physician will administer the flu vaccine at no cost to you.

2. Participating pharmacies

Local retail pharmacies can administer the flu vaccine at no cost. Visit TheHealthPlan.com to search for participating pharmacies in your area.

- The vaccine must be administered by a pharmacist, who bills us directly through the online pharmacy claims system.
- Not all pharmacies offer flu vaccines.
- Note: There are state regulations, such as age, regarding who can receive a vaccine from a pharmacist.

*Third-party administrators – many other retail and pharmacy locations offer the flu vaccine, administered by a third party. Members are responsible for the costs of the service if received from a third party.


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