

A Seasonal Health Message

Flu is a serious illness. Each year more than 200,000 people are hospitalized from flu complications. Even more suffer from symptoms such as high fever, headache, and extreme tiredness. According to the [Centers for Disease Control and Prevention \(CDC\)](#), **the single best way to protect against the flu is to get vaccinated each year.** Everyone 6 months and older should get a flu vaccine. This year's seasonal flu vaccination protects against the H1N1 virus so a separate shot is not needed.

The best time to protect yourself is now! Under some health plans, the flu vaccine is considered preventive care and might be provided at no cost to you. Check your benefit plan documents or call the toll-free member phone number on the back of your ID card for your specific level of benefit coverage.

Call your doctor today to schedule your flu shot, or visit one of our contracted flu shot providers including retail convenience care clinics and pharmacies. Some of the pharmacies providing flu shots this year include CVS, Target and Walgreens. Don't forget to bring your member ID card. To find a contracted flu shot provider near you call the toll-free member phone number on the back of your ID card or visit the pharmacy Web site.

CVS Pharmacy (www.cvs.com/flu)

Target Pharmacy (www.target.com/flu)

Walgreens Pharmacy (www.walgreens.com/flu)