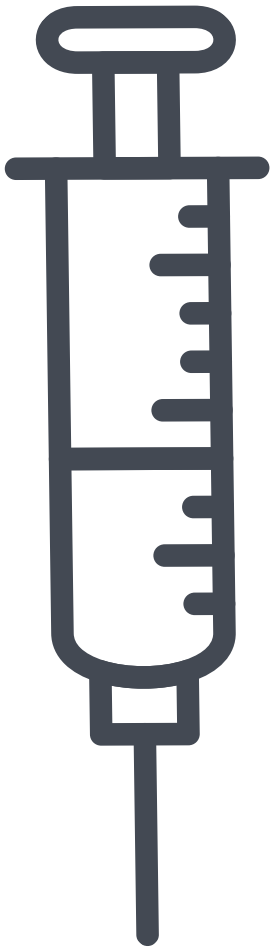


6 Benefits of *Flu shots*.

Help keep yourself well during the annual flu season by getting your flu shot. On top of washing your hands, covering your cough or sneeze, and staying home when you are unwell; the flu shot provides protection against the flu virus.



1

It's ONE time a year.

All you need is one dose annually to help stay protected against that season's expected flu strain.

2

It's SAFE.

Most individuals have no side effects or complications from the flu shot.

3

It keeps you GOING.

You're less likely to get ill when you're vaccinated. That means less time missing out on the things you love.

4

It's SIMPLE to get.

Flu shots are available at your pharmacy, doctor's office, and even workplace clinics by early fall.

5

Health Insurances cover it.

Insurance companies want you to stay healthy! Shots are considered preventative and often cost you nothing out of pocket.

6

STAY productive.

Studies show you can reduce the severity of the flu by getting vaccinated. Stay healthier during flu season!

Questions? Please call and speak to a Member Care Advocate who will answer your questions. **844-257-1955**