

SUBJECT LINE: The flu is not your friend. Get a flu shot today.

Health and wellness or prevention information.

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# “Fall is for hot tea ... and me.” — the Flu

Don't give the flu a chance this year.

[Find a flu shot near you](#)

Reduce your chance of getting sick and missing out on plans with family and friends by getting a flu vaccine. It only takes minutes, while average flu symptoms can last several days. The flu vaccine:

- Can reduce severe flu symptoms like chills and trouble breathing, as well as your chance of ending up in the emergency room.\*
- Can protect you the earlier you get it. Doctors recommend September or October.
- Is the best way to protect yourself, your family, and friends from getting the flu.

**Your flu shot is covered at 100% when you visit a <pharmacy> <doctor> in your plan's network**

That means you won't pay anything out of pocket. If you need help finding a flu shot, log in and explore your options with the [Find Care tool](#).

## Flu shot facts

The flu shot is safe and effective. You can always talk to your doctor if you have questions or visit our blog to [learn the facts about the flu](#).

Was this email helpful?



Yes



No

\* National Center for Immunization & Respiratory Disease: *Interim Estimates of 2023-24 Seasonal Influenza Vaccine Effectiveness* (February 28, 2024): <https://www.cdc.gov/vaccines/acip/meetings/downloads/slides-2024-02-28-29/02-influenza-Frutos-508.pdf>.

Most health plans cover flu shots at no cost to you. In-network and out-of-network coverage may vary. Please call the Member Services number on your health plan ID card to confirm your coverage.



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