



People 65 years and older are at **GREATER RISK** of serious complications from the flu.*

Protect you and your loved ones. Get a flu shot every year.

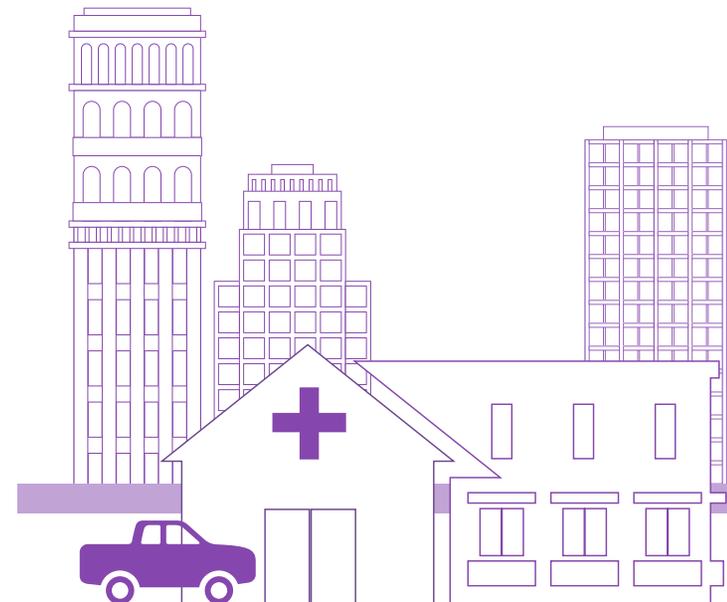
Why? Because the flu virus changes all the time. Each year the flu vaccine is adjusted to help you best beat the flu.

For more information
TCN members call Customer Service at 1-877-832-2829.
Medicare Advantage members call Customer Service at 1-888-322-5616.
TTY users call 711.

Arm yourself with a flu shot



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*Source: [cdc.gov](https://www.cdc.gov)**

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What is the flu?

The flu is an illness caused by influenza viruses that infects your nose, throat and lungs. Unlike other infections, the flu can also cause severe illnesses and life-threatening complications. However, yearly flu shots can greatly reduce your chances of getting the flu and other health complications that could result from it.

Between

50% and 60%

of seasonal flu-related hospitalizations in the U.S. occur in people 65 years and older.*



An average of **226,000 people** are hospitalized due to influenza and anywhere from **3,000 to 49,000 people die from influenza** and its complications each year. The majority of deaths are among adults.



Common symptoms include fever, cough, runny or stuffy nose, sore throat, feeling tired, headache and body aches.



Influenza vaccinations are especially important if you have chronic conditions such as asthma, chronic obstructive pulmonary disease (COPD), diabetes, heart disease or if you've had a stroke. Those conditions put you at an even **higher risk** of serious medical complications from the flu.

Flu shots are not just for kids!

Adults need their flu shots too. Getting an annual shot should be an essential part of your wellness plan. Getting a flu shot protects you and those you love since your vaccination reduces the chance that you'll spread the flu to others.



Of seasonal flu-related deaths in the U.S. occur in people 65 years and older*

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Why suffer from the flu? Get your flu shot every year.