



Subject line:

Flu Shot Myth: I'll get sick from the flu shot.

Headline:

Don't want to get the flu? Get your flu shot.

Email copy:

Getting your flu shot is the best way to protect yourself and those around you. As a member of Blue Cross Blue Shield of Michigan or Blue Care Network, you can get your flu shot at your doctor's office or a participating pharmacy.

"But I'll get sick from the flu shot."

The vaccine won't give you the flu because it doesn't contain any strains of an active virus. But if you still have concerns about getting a flu shot, talk to your doctor.

You may notice redness or mild swelling around the injection site for a day or two. These are side effects of the injection, not symptoms of the flu.

Now that you know the facts, it's time to get your flu shot.

Visit a participating pharmacy with your Blue Cross member ID card to get your flu shot today. While most pharmacies will accept your coverage, be sure to ask before you get your vaccine.

Make sure you write down the date and let your doctor know at your next appointment so he or she can keep your immunization record up to date — and you healthy.

You can also schedule an appointment with your primary care physician to get a flu shot. Your office visit copayment may apply.

For Blue Cross members without BCBSM pharmacy coverage: Visit bcbsm.com/preventflu to see a list of immunizing pharmacies that provide vaccines under your medical coverage.

Need to register for an online Blue Cross member account?

With an online Blue Cross member account, you can check your coverage, out-of-pocket balance, claims and more from your computer, smartphone or tablet. Luckily, there are several easy ways to register for your account.

Register your account in one of three ways:

- Visit bcbsm.com/register
- Get our app. Search **BCBSM** in the App Store or Google Play.
- Text "REGISTER" to **222764**.*

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