



## Get a flu shot this year

The workplace can be an ideal environment for flu germs during the winter months. By receiving the flu vaccine you can fight them off and get through the season without getting the flu. Blue Cross Blue Shield of Michigan and Blue Care Network can offer you two good reasons to get the vaccine:

### ✓ No hassle

Go to a participating local pharmacy or schedule an appointment with your doctor. Bring your Blue Cross member ID card with you.

### ✓ No worries

Myths about the flu shot aren't true. The flu shot is safe, effective and the best protection against the flu you can receive. If you have any concerns about getting a flu shot, talk to your doctor.

### Four more ways to avoid the flu

1. Avoid close contact with people who are sick.
2. Wash your hands frequently with soap and water or alcohol-based hand sanitizer.
3. Avoid touching your eyes, nose and mouth. Germs spread this way.
4. Clean and disinfect surfaces and objects that may be contaminated with germs such as the flu virus.

Source: Centers for Disease Control and Prevention

## Here's what you need to do

- Go to [bcbsm.com/preventflu](https://bcbsm.com/preventflu) to locate participating pharmacies or contact your primary care physician. You can also find other doctors by logging into your Blue Cross member account.
- Visit the 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 of your flu shot 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](https://bcbsm.com/preventflu) to see a list of immunizing pharmacies that provide vaccines under your medical coverage.

Maximize the benefits of your health plan by registering your online member account at [bcbsm.com/register](https://bcbsm.com/register). It's easy to get started, and you'll have access to features like checking your coverage, out-of-pocket balances, claims and more. All of this from your computer, smartphone or tablet. Register your account today!