



## Two good reasons to get your flu shot

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 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 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.

## Here's what you need to do

Go to [bcbsm.com/preventflu](https://bcbsm.com/preventflu) to locate pharmacies or doctors in your neighborhood.

Visit a participating pharmacy with your 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 doctor to get one. 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.

## 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