

A Flu Shot Is Good Preventive Care

Keep yourself from getting the flu by taking one simple step and getting a flu shot; that way you can lower your chances of getting sick.

Influenza (also called the flu) is a serious illness and it can affect people differently. Some people with the flu become much sicker than others. A yearly seasonal flu vaccine is the best way to lower your chances of catching the seasonal flu and spreading it to others.¹

Who should get vaccinated?

Everyone six months of age and older should get a flu vaccine every season. It's especially important for children under 18 months of age, adults over age 65 and others with low immune systems, since these people are at higher risk for developing serious problems caused by the flu.¹

The flu shot is covered under your preventive care benefits at 100% when you go to a health professional in your plan. Visit **[anthem.com](https://www.anthem.com)** or use the **Sydney Health** app to find an in-network doctor, urgent care facility or retail health clinic to get your flu shot. You can also visit **www.medimpact.com** to search for an in-network pharmacy that offers flu shots.

Where can I get a flu shot?

Do I need to get a flu vaccine earlier this year?

September and October are good times to get vaccinated. However, as long as flu viruses are circulating, vaccination should continue, even in January or later.²

As the pandemic continues to evolve, it's important to take steps to stay healthy. Be proactive and make plans now to get your flu shot as soon as possible.

¹ Centers for Disease Control and Prevention website: Who Needs a Flu Vaccine and When (accessed July 2020): [cdc.gov/flu/prevent/vaccinations.htm](https://www.cdc.gov/flu/prevent/vaccinations.htm)

² Centers for Disease Control and Prevention website: Frequently Asked Influenza (Flu) Questions: 2020-2021 Season (accessed July 2020): [cdc.gov/flu/season/faq-flu-season-2020-2021.htm](https://www.cdc.gov/flu/season/faq-flu-season-2020-2021.htm).

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