



Fighting the flu

Learn how to protect yourself



Why get the flu shot?

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

Where can I get a flu shot?

The flu shot is covered under your preventive care benefits at 100% when you go to a health professional in your plan. Contact your primary care doctor to get your flu shot. You can also get it at urgent care facilities, retail health clinics, many pharmacies or walk-in doctors' offices in your plan.



Get your flu shot

Call the number on your member ID card or visit [anthem.com/ca](https://www.anthem.com/ca) to find a health professional in your plan near you.



Sources

¹ Centers for Disease Control and Prevention website: *Key Facts About Seasonal Flu Vaccine* (accessed October 2017): [cdc.gov/flu/protect/keyfacts.htm](https://www.cdc.gov/flu/protect/keyfacts.htm).

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