

Get a flu shot. It's convenient.

A quick trip to your local participating pharmacy can protect you from the flu. Here's how getting your flu shot is made easy:

✓ No appointment

Your local immunizing pharmacy doesn't require an appointment. You can get your flu shot at your convenience.

✓ No worries

The flu shot is safe, effective and the best protection against the flu. If you have any concerns about getting a flu shot, talk to your doctor.

All you need to do is:

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 care physician to get a flu shot. Your office visit copayment may apply.

For Blue Cross members without pharmacy coverage: Visit [bcbsm.com/preventflu](https://www.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

Staying healthy is the best reason to get your shot.

For more information, visit [bcbsm.com/preventflu](https://www.bcbsm.com/preventflu).

Maximize the benefits of your health plan by registering your online member account at [bcbsm.com/register](https://www.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!