

# “I’m known for my infectious personality.”

- the Flu

The flu is here and it's ready to ruin your fun. The good news is, flu vaccines are available and ready to help you stay healthy. Your Anthem plan covers preventive flu vaccines at 100% when you go to a care provider in your plan's network.

## Flu vaccines make a difference by:<sup>1</sup>



**Preventing complications in people with chronic conditions**, including those with diabetes, chronic lung disease, or heart disease.



**Protecting the people around you**, including people who are at a higher risk for illness, such as babies, young children, older adults, and people with chronic health conditions.

## Keep the flu from crashing your plans

Find a care provider in your plan's network to schedule your flu vaccine.



Scan this code with your phone's camera to find a vaccine location.

## Other ways to keep the flu away<sup>2</sup>

Once you get your flu vaccine, remember these additional tips for staying healthy:

- Clean shared, high-touch surfaces, such as telephones, keyboards, steering wheels, and doorknobs often.
- Avoid close contact with those who are sick. If you are sick, be sure to limit your contact with others.
- Wash your hands often with soap and water.
- Use a tissue to cover your sneeze or cough when possible.
- Keep your hands away from your eyes, nose, and mouth to avoid spreading germs.



<sup>1</sup> Centers for Disease Control and Prevention: *Misconceptions about Seasonal Flu and Flu Vaccines* (June 2022). [cdc.gov](https://www.cdc.gov/flu/seasonal/about-flu-vaccines/).

<sup>2</sup> Centers for Disease Control and Prevention: *Preventive Steps* (June 2022). [cdc.gov](https://www.cdc.gov/flu/seasonal/about-flu-vaccines/).

There are types of flu shots that are not considered preventive and may or may not be covered at 100% for all plans.

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1033886CAMEABC VPDD BV Rev. 09/22