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Health and wellness or prevention information

**Don't let the flu
steal the show.
Get a flu shot today.**

“It’s my time to shine.”

— *the Flu*

Protect yourself and your family from the flu



“I LOVE this attention.” — the Flu

Prevent the flu from taking center stage by getting a flu shot now. The vaccine requires about two weeks to start working, and flu season usually begins in October, peaking December through February! You're covered 100% for flu shots.²

Flu prevention starts with you

Getting a flu shot helps protect yourself, family, and friends from getting sick. You also protect those who are at higher risk for serious flu-related problems, such as young children, people 65 and older, and those with chronic health conditions.³

Flu shot facts⁴



It's safe.

You cannot get the flu from the flu shot. The virus in the vaccine is not active, so it can't infect you.



It's effective.

The flu shot prevents most flu cases. If you do get sick, it reduces the risk of a doctor visit by 40% to 60% and lessens the chance of hospitalization.



Its side effects are usually mild.

Most people have no symptoms, although some report arm soreness, fatigue, and muscle aches that go away within a few days.

Find a flu shot near you

Scan the QR code with your phone's camera to find a doctor or pharmacy in your plan's network



Find a Doctor

You can also visit
[anthem.com/ca/flushot](https://www.anthem.com/ca/flushot)



Find a Pharmacy

You can also visit
[anthem.com/ca/flushotpharm](https://www.anthem.com/ca/flushotpharm)

Do you have questions? Talk with your doctor.

Your doctor is the best person to ask questions about your health. They can also explain how well the flu shot works, discuss side effects, and go over which vaccine options are best for you.



Getting a flu shot protects you and those you love from getting sick. It's quick. It's easy. It's covered 100% by your plan.²

¹ Mayo Clinic: *Flu shot: Your Best Bet for Avoiding Influenza* (accessed August 2023): [mayoclinic.org](https://www.mayoclinic.org).

² You must see a doctor who accepts Medicare and our plan. There are types of flu shots that are not considered preventive and may or may not be covered at 100% for all plans. Learn more about your preventive care benefits. Look for the apple icon in the benefits chart at the front of your *Evidence of Coverage (EOC)* booklet for a complete list of benefits and details about your coverage.

³ Centers for Disease Control and Prevention: *People at Higher Risk of Flu Complications* (accessed August 2023): [cdc.gov](https://www.cdc.gov).

⁴ Centers for Disease Control and Prevention: *Key Facts About Seasonal Flu Vaccine* (accessed August 2023): [cdc.gov](https://www.cdc.gov).

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