

FLU SHOT? WHY NOT?

\$0 copay

Protect yourself

Protect your family

Why you should get a flu shot this year

- The flu is just plain miserable with fever, headaches, cough, sore throat, and body aches.
- It will help avoid doctors' visits, missed work or school, and even a possible hospital stay. More than 200,000 Americans end up in the hospital each year as a result of the flu.
- You'll help protect people around you, especially children, older adults, and people with chronic conditions such as diabetes and asthma.

Where you can get a flu shot

If you are a BCBSRI member*, you can now get a flu shot with no out-of-pocket expenses at:

- Participating pharmacies
- Your doctor
- Flu vaccination clinics

Find your nearest pharmacy and more details at [bcsri.com/flu](https://www.bcsri.com/flu)

**This benefit is not available to Plan 65 members or members who only have dental coverage from BCBSRI.*



4 ways to prevent the flu

1. Get a flu shot!
2. Wash your hands, especially before preparing food, after blowing your nose, or when you're caring for a sick person.
3. Cover your mouth and nose with the crook of your elbow—not with your hands.
4. Stay home. The RI Department of Health recommends that you stay home until you are fever free for 24 hours.

Visit [bcsri.com/flu](https://www.bcsri.com/flu)



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