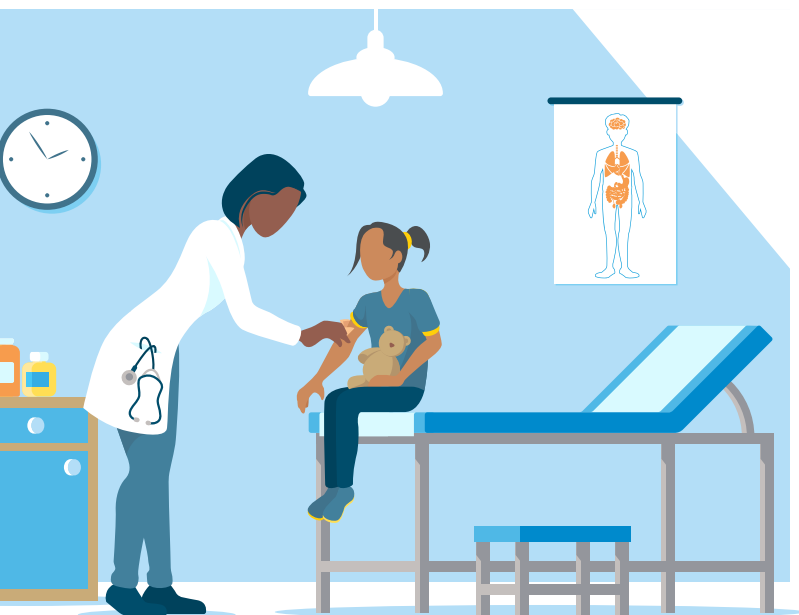


Protect yourself and those around you.

Get your seasonal flu shot.

The flu affects millions of people each year and can cause severe illness, and at times can lead to death. The flu is caused by influenza viruses that infect the lungs, throat and nose. According to the Centers for Disease Control and Prevention (CDC), one of the best ways to prevent the flu is by getting vaccinated each year.

Flu germs can spread through the air — when a sick person coughs sneezes or speaks — or by touching a surface with the virus and then touching your nose, mouth or eyes.



When should I get the flu shot?

The CDC recommends September and October as good times to get vaccinated. However, as long as flu viruses are circulating, vaccination should continue, even in January or later.

How much does it cost?

Most Blue Cross insurance plans cover annual flu shots at 100% when you use an in-network provider.

Where should I go to get a flu shot?

Annual flu shots are covered under most health insurance plans when you use an in-network provider. You have several options of where to go to get this year's flu vaccine.

- Visit your primary care provider
- Visit a retail pharmacy
- Visit an in-network urgent care clinic

To find an in-network doctor or health care professional, login to your BlueAccess account at bcbsks.com/blueaccess.

Visit us at bcbsks.com



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