

Don't let the flu catch you by surprise



Plan ahead to avoid the flu this season! The single best way to do that is to get vaccinated.

Who should get vaccinated?

The Centers for Disease Control and Prevention (CDC) recommends that everyone 6 months and older should get a flu vaccine each year. It's especially important that certain people get vaccinated either because they are at high risk of having serious flu-related complications or because they live with or care for people at high risk for developing flu-related complications.

Remember, Always Ask Your Doctor

If you have questions about whether or not you should get a flu vaccine, consult your healthcare provider.

For more information on the flu, visit www.cdc.gov/flu

Where can I get the flu vaccine?

Flu shots will be available at a variety of locations statewide through BCBSAZ providers such as:

- Contracted immunization clinic providers
- Network pharmacies participating in the vaccine program
 - To find a pharmacy: login to azblue.com, click on Prescription Benefits link on the right side of the page, then click "find a pharmacy". Confirm with the pharmacy for availability of flu vaccine.
- BCBSAZ contracted physician offices
 - To find an in network physician: login to azblue.com, click on the tab that says Find a Doctor on the left side of the screen, enter your zip code or city and state, enter providers name, specialty or keyword such as "family practice". Confirm with the physician of availability of flu vaccine.

You must present your Blue Cross Blue Shield of Arizona (BCBSAZ) ID card at time of service. Services are subject to your health plan's benefits, and out-of-pocket costs will depend on the provider of service. Benefits are subject to change. Your specific benefit or the provider's contract status can be obtained by calling the customer service number listed on the back of your BCBSAZ ID card.

WHAT ARE SYMPTOMS OF THE FLU?

Some symptoms of the flu can include:

- fever or feeling feverish/chills
- cough
- sore throat
- runny or stuffy nose
- muscle or body aches
- headache
- fatigue (very tired)
- sometimes diarrhea and vomiting

* Please note: not everyone with the flu will have a fever.

For information on dates, times and locations of flu clinics in your area you can look for ads in your local newspaper or flyers at nearby grocery stores/pharmacies.

This information is provided for educational purposes only. It is not intended to take the place of your health care provider's independent medical judgment. You should consult with your health care provider regarding your health care needs. In addition, information and recommendations are not a guarantee of BCBSAZ coverage of services or supplies.