

Make time for a flu shot

Your plan covers 100% of the cost when you use an in-network provider



Preventive measures like a flu shot can go a long way in protecting your health. This coming flu season, flu vaccinations will be important in keeping you out of health care facilities already burdened by respiratory illnesses related to the pandemic.

Follow the recommendations and extra precautions of your local government or public health department. For more information, visit [cdc.gov/flu](https://www.cdc.gov/flu).



Anthem Blue Cross and Blue Shield
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Fight the flu

Look inside to learn more.



Protect yourself with the flu vaccine at no extra cost



<First name, Last name>

<Address 1>

<Address 2>

<City>, <State> <ZIP code>

Source: Centers for Disease Control and Prevention: *Influenza (flu)* (accessed July 2020): [cdc.gov/flu](https://www.cdc.gov/flu).

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A flu shot is your best defense against the flu



As flu season approaches, it is important to set aside time for your annual flu shot by November to protect your family's health. Children 8 and younger might need two doses 28 days apart. Adults 65 and older may opt for a higher dose that is 25% more effective than the normal one. Your health plan has 100% coverage for flu shots, so make your appointment for a flu shot as soon as you can.

Where to go for your flu shot

If your primary care doctor is not available, go to a pharmacy, retail health clinic, or a doctor's office that offers flu shots. Use our Sydney Health mobile app to find providers near you who are in your plan. If you have questions or need assistance, please call Member Services at **877-426-3188**, or visit **anthem.com**.

To find a network provider who offers flu shots, go to **anthem.com/find-care**. Log in to **anthem.com** using the information on your member ID card. Next, select **Find Care** and then choose **Care and Cost Finder**. Search for **Flu Shot** to find a list of network providers.

If you already have flu symptoms, you can connect with a doctor in minutes using LiveHealth Online. Find out more at **livehealthonline.com**.

Strengthen your immune system

- Boost your immune system with antioxidants in fruits and vegetables.
- Ward off the flu with a cup of chicken soup at the first sign of illness. Sipping warm soup also helps soothe a sore throat.
- Increase your protection against the flu virus by choosing fatty fish, mushrooms, egg yolks, and other vitamin D-rich foods.



Stop the spread of germs

- Wash your hands often and thoroughly. Work the suds for at least 20 seconds and don't forget the backs of your hands and between your fingers.
- Cover your nose and mouth with a tissue when you sneeze or cough and throw away the tissue after you use it. Wear a mask if you are around other people.
- Don't touch your nose, eyes, or mouth.



Flu protection at every age

- **<6 months:** Infants should **not** be vaccinated but the rest of the household should, to protect the baby's environment.
- **6 months to 5 years:** The flu is more dangerous than a cold, so call your doctor if your child starts showing symptoms.
- **5 to 65:** Stay home until your fever settles for 24 hours. Treat extreme cases with antiviral drugs, which speed up recovery.
- **Pregnant women (up to two weeks postpartum):** Symptoms can be more severe. Call your doctor as soon as you start feeling sick, especially if you have a fever.
- **65 plus:** The immune system weakens with age. Take the onset of symptoms seriously and visit your doctor.



Did you know that adults 65 and older and those with low immune systems are at high risk of developing serious problems caused by the flu?

A flu shot is a simple and easy way to protect yourself from the flu.