

Protect yourself and those you love: get the flu vaccine.

Florida Blue 
In the pursuit of health®

Last year's flu season was the worst in 100 years. At least 80,000 people died from the virus last winter alone—double the number in any other year since 1918.



The flu is no joke.

When you get a flu shot, you're guarding yourself against the virus. And more important, you're showing you care for the most vulnerable people in your community—children and older adults.

So with a simple shot, you can play a role in helping prevent flu-related hospitalizations and even death.

So what are you waiting for?

Your Florida Blue health plan covers the cost of the flu vaccine. This means you'll pay \$0 for it. Don't wait: it takes about 2 weeks to start working.

Here's where to get one:

- Any doctor in your plan's network (ages 6 months and older)
- A pharmacy like Walgreens, Publix or Winn-Dixie (ages 18 years and older)

Please remember to bring your health plan ID card with you.

5 tips to avoid the flu!

- 1. Keep it clean:** Wash your hands often with soap and water or an alcohol-based sanitizer to reduce germs. Disinfect high-traffic areas in your home and office, like doorknobs and keyboards.
- 2. Keep hands away:** One way people catch germs is by touching a germ area and then touching their eyes, nose or mouth. Limit touching your face, especially while out in public.
- 3. Keep your distance:** Flu viruses can be spread up to 6 feet when an infected person coughs, sneezes or even speaks. If you know someone has the flu, keep your distance.
- 4. Keep covered:** Cover your cough or sneeze with a tissue. If you don't have one handy, cough or sneeze into your upper sleeve or elbow instead of your hands.
- 5. Keep your immune system strong:** It's easier to get sick if your immune system is weakened. Getting enough sleep, managing stress, eating healthy foods and staying active are a few ways to keep the body in fighting shape to ward off infection.

Source: Centers for Disease Control and Prevention, 2018.

Health insurance is offered by Florida Blue. HMO coverage is offered by Florida Blue HMO, an affiliate of Florida Blue. These companies are Independent Licensees of the Blue Cross and Blue Shield Association.

Florida Blue and Florida Blue HMO do not discriminate on the basis of race, color, national origin, disability, age, sex, gender identity, sexual orientation, or health status in the administration of the plan, including enrollment and benefit determinations.

Florida Blue is a PPO, RPPO and Rx (PDP) Plan with a Medicare contract. Florida Blue HMO and Florida Blue Preferred HMO are HMO plans with a Medicare contract. Enrollment in Florida Blue, Florida Blue HMO, or Florida Blue Preferred HMO depends on contract renewal.