



Flu shots: Why and where to get them

Why get the flu shot?

Getting sick is never fun. So wouldn't it be better if you could avoid the flu in the first place? By taking one simple step and getting a flu shot, you can decrease your chances of getting sick.

- **Influenza** (also called the flu) is a serious illness and it can affect people differently. A yearly seasonal flu vaccine is the best way to reduce your chances of catching the seasonal flu and spreading it to others.

Who should get vaccinated?

Everyone 6 months of age and older should get a flu vaccine every season. It's especially important for children under 18 months of age, adults over age 65 and others with low immune systems since these people are at higher risk for developing serious problems caused by the flu.*

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Where can I get a flu shot?

Anthem Blue Cross and Blue Shield covers the flu shot under your preventive care benefits at 100% when you go to a network provider. Contact your primary care physician to get your flu shot. You can also get it at in-network urgent care facilities, retail health clinics or walk-in doctors' offices.

To find a facility near you:

1. Log in at **anthem.com**. If you're not registered, choose **Register now** and follow the steps.
2. Once logged in, choose **Find/Rate a Doctor**.
3. Under *I'm Looking For*, choose **Urgent Care**.
4. Under *Who Specializes In*, choose **All Specialties**.
5. Enter your city or ZIP code.
6. Review the results, which include address, map and directions.

* Centers for Disease Control and Prevention website: *Key Facts About Seasonal Flu Vaccine* (accessed September 2015): cdc.gov/flu/keyfacts.htm.
Centers for Disease Control and Prevention website: *CDC Says "Take 3" Actions To Fight The Flu* (accessed September 2015): cdc.gov/flu/protect/preventing.htm.

Centers for Disease Control and Prevention website: *Handwashing: Clean Hands Saves Lives* (accessed September 2015): cdc.gov/handwashing/index.html.

Get your flu shot

Call the number on the back of your member ID card or visit **anthem.com** to find an in-network provider near you.



Think you might have the flu?

Flu symptoms

Flu and cold symptoms are similar, but the flu often comes suddenly. Flu symptoms can include some or all of these:

- Fever* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Vomiting and diarrhea, though more common in children than adults

* Not everyone with the flu will have a fever.

If you have flu-like symptoms, call your doctor right away.

Treatment

In general, the CDC recommends using antiviral drugs to treat the flu. The flu is a viral infection and cannot be treated with antibiotics. You need a prescription from your doctor for antiviral drugs, so see your doctor as soon as you can. It's best to go to your doctor **within 48 hours** after the start of flu-like symptoms.

Not everyone with the flu needs treatment. Most people get better after a few days, but others at high risk for complications should get care right away. Your doctor can tell you what's best for you.

Where to go if you think you have the flu

See your doctor to find out if you need antiviral drugs. You can also call the 24/7 NurseLine if you're not sure what to do or where to go. The number is on the back of your ID card.

You may also go to an in-network urgent care facility, retail health clinic or walk-in doctor's office to get care. To find one near you:

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2. Choose **Find/Rate a Doctor**.
3. Under *I'm looking for*, choose **Urgent Care**.
4. Under *Who specializes in*, choose **All specialties**.
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