Take the flu
from wild to mild.

Flu season is coming up. With both the flu and COVID-19 spreading in the fall and winter, getting your vaccinations will be more important than ever.

Who should get vaccinated?

The Centers for Disease Control and Prevention (CDC) recommends that everyone six months and older should receive the updated 2024-2025 COVID-19 and flu vaccines. These vaccines are safe to receive at the same time. There are different vaccines approved for different age groups. 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 who are at high risk for developing flu-related complications. If you have questions about whether or not you should get a flu or COVID-19 vaccine, consult your healthcare provider.

Where to get the vaccines?

Flu shots will be available at a variety of locations statewide through Blue Cross® Blue Shield® of Arizona (AZ Blue) providers such as:

✓ **AZ Blue in-network providers**
See your regular doctor or primary care provider to get your flu or COVID-19 shot. Don't have a regular doctor? Register or log in to your MyBlue℠ account at **azblue.com.** There you can search for providers in your network. Make sure to check that they are offering the vaccine when you make your appointment.

✓ **Flu clinics in your area**
For information on dates, times, and locations, look for ads in your local newspaper, or flyers at nearby grocery stores and pharmacies. Use the CDC's **Vaccine Finder** for help with flu locations.

✓ **Your employer**
Flu shots may be offered through your work; check with your company for more information.

VACCINATION BENEFITS

- Your protection also benefits and protects those around you.
- It's an important preventive tool for people with certain conditions (heart or lung disease, diabetes, etc.).
- Staying healthy allows you to not miss work or spend money on sick visits with your healthcare provider.
- It can reduce your risk of flu or COVID-associated hospitalization.

Check out these **misconceptions** about the flu vaccine on the CDC website.

For more information on the flu, visit **cdc.gov/flu** or **espanol.cdc.gov/flu**

For more information on COVID-19, visit **cdc.gov/covid.**

You must show your member ID card at the time of service. Services are based on the benefits available for your health plan. Out-of-pocket costs will depend on the provider.

To learn more about your benefits or if a provider is in your plan's network, call the member service number on the back of your ID card or visit azblue.com/MyBlue.

BlueCross BlueShield Arizona

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