



'Tis the season for stuffy noses, coughs and sore throats—and unfortunately more, if you get the flu. But fear not—you can keep your winter merry and bright by taking steps to help yourself and your family stay healthy.

The Centers for Disease Control and Prevention (CDC) recommend several methods for keeping the flu out of your home. Try any or all of the following:

- **Get your flu shot.** This remains the number one way to prevent the flu, according to the CDC. People at high risk for serious flu complications should especially get their flu shot. This includes: young children, pregnant women, people 65 years and older and people with chronic medical conditions. For more information about the CDC's flu vaccine recommendations, just visit them online at: www.cdc.gov/flu. And to learn more about flu shot coverage under your plan, check your health care benefits booklet or contact your employer.
- **Allow ill friends and relatives their space.** If a loved one comes down with the flu, they need time to rest and get better. By giving them space, you can also keep the flu virus out of your own home.
- **Wash your hands.** Germs are quickly spread on commonly touched surfaces, such as door knobs, phones, elevator buttons, handrails and keyboards. It's a good idea to wash your hands after touching these items, plus before you handle food and after you use the bathroom. Avoid contact with your face until you've washed your hands. Wash using hot, soapy water for a minimum of 20 seconds.
- **Get enough sleep.** During the holiday season, you may find yourself with a longer to-do list. But letting yourself get run down is one way to catch a cold or the flu. To stay well, just be sure to get enough sleep each night. Most people need between six to eight hours.
- **Eat healthy and drink plenty of fluids.** Your immune system needs the proper tools in order to function at peak performance. In addition to rest, you also need a healthy, balanced diet and good hydration. Choose meals that feature lean meats, fish or legumes; fresh produce; whole grains; and low-fat dairy. And it also helps to keep a water bottle with you to sip regularly. Your body will thank you.

Finding a flu shot provider

You can save on the cost of your flu shot when you visit an in-network provider. To find an in-network doctor or pharmacy for your flu shot, just log in to your member website at www.meritain.com.

If you get sick, take care of yourself

Despite our best efforts, sometimes the flu gets the best of us. If this is the case, it's always best to stay home when you're sick. This way, you give yourself the time you need to heal and will help minimize the spread of germs to your friends, family and coworkers.

Talk to your doctor

If you get the flu, your doctor might recommend antiviral drugs. These work best within two days of flu symptoms, so if you get sick, don't wait! They may help you recover faster.

Frequently asked questions

○ Is there a fee associated with the flu shot?

No. Flu shots are covered at 100 percent by your ASBAIT health plan. Some providers or locations may require members to pay a copay at the time of service. If this happens, simply submit your receipts to Meritain Health® for reimbursement.

○ How do I submit for reimbursement if I paid for a flu shot?

You should submit your flu shot receipt using a claim form. You can find claim forms at www.meritain.com → *Tools & Resources* → *Forms* → *Medical Claim Form*

○ Do I have to get my flu shot at a specific location?

You can find flu shot locations here:
www.aetna.com/docfind/custom/mymeritain/



If you have any questions or need help finding a flu shot provider in your network, just call Meritain Health using the Customer Service number on your ID card.



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