Flu season is coming up. Vaccinations may decrease your chances of getting the flu (or may make your illness milder if you do get sick).

**Who should get vaccinated?**

The Centers for Disease Control and Prevention (CDC) recommends that everyone 6 months and older should get a flu vaccine each year. 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 at high risk for developing flu-related complications.

**REMEMBER, ALWAYS ASK YOUR DOCTOR**

If you have questions about whether or not you should get a flu vaccine, consult your healthcare provider.

For more information on the flu, visit [www.cdc.gov/flu](http://www.cdc.gov/flu)

**Where can I get the flu vaccine?**

Flu shots will be available at a variety of locations statewide through BCBSAZ providers such as:

- Contracted immunization clinic providers
- Network pharmacies participating in the vaccine program
  - To find a pharmacy: login to azblue.com, click on the Prescription Benefits link on the right side of the page, then click “Find a Pharmacy”. Confirm with the pharmacy their availability of flu vaccine.
- BCBSAZ contracted provider offices
  - To find an in network provider: login to azblue.com, click on the tab that says Find a Doctor on the left side of the screen, and follow the simple instructions. Confirm with the provider that the flu vaccine is available.

You must show your Blue Cross Blue Shield of Arizona (BCBSAZ) 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 online at azblue.com.

[azblue.com/HealthyBlue](http://azblue.com/HealthyBlue)

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**WHAT ARE SYMPTOMS OF THE FLU?**

Some symptoms of the flu can include:

- fever or feeling feverish/chills*
- cough
- sore throat
- runny or stuffy nose
- muscle or body aches
- headache
- fatigue (very tired)
- sometimes diarrhea and vomiting**

*Please note: not everyone with the flu will have a fever.

**According to the CDC.gov website, this is more common in children than adults.

For information on dates, times and locations of flu clinics in your area you can look for ads in your local newspaper or flyers at nearby grocery stores/pharmacies.

This information is provided for educational purposes only. It is not intended to take the place of your healthcare provider’s independent medical judgment. You should consult with your healthcare provider regarding your health care needs. In addition, information and recommendations are not a guarantee of BCBSAZ coverage of services or supplies.