Don't forget to get your flu shot!

Why get the flu shot?

Getting your flu shot this year is very important since we are still in a pandemic. We need to do what we can in order to help lower our chance of getting the flu and getting others around us sick.

Who should get vaccinated?

According to the Centers for Disease Control, everyone 6 months and older should get a flu vaccine every season (some exceptions - such as allergies, age or other health conditions[1]). The flu vaccination is especially important for those with low immune systems so they can decrease their risk of developing serious problems caused by the flu.

There are a few ways to find where to get your flu shot:

The flu shot is covered under your preventative care benefits at 100% when you go to a health professional in your plan.

- Call your primary care doctor for an appointment
- Call the number on your member ID card
- Use the Sydney Health mobile app to find a pharmacy near you[2]
- Visit anthem.com/ca