Are you ready for flu season? Everyone 6 months of age and older can get a flu shot.

Influenza, or the flu, is a serious illness that can spread easily from one person to another and cause body aches, fever, cough and other symptoms.

Who should get the flu shot?

- **Everyone** who is 6 months of age or older.
- Pregnant women.
- Seniors.

- People with health conditions.
- People with disabilities.
- Travelers and people living abroad.

If you're pregnant, a flu shot protects your baby before and after birth up to 6 months.

What you **need to know.**

How can you prevent the flu?



The flu vaccine is covered at no additional cost for UnitedHealthcare Community Plan members.



Flu season is often **from October to May**,^{*} so get the vaccine as soon as it is available in your area. ^{*}The timing of flu season can change from year to year. Ask your Primary Care Provider when you should get a flu shot.



Some people get mild reactions like **soreness**, **headaches and fever** after the flu shot.



Questions about your health plan? Call Member Services at **1-866-675-1607, TTY 711.** Monday – Friday, 7 a.m. – 7 p.m.



Health-related questions? Call NurseLineSM at **1-877-440-9407, TTY 711.**



myuhc.com/CommunityPlan



Get a flu shot.



Always **wash your hands.** It helps keep you from getting sick. Or getting others sick, if you are.

ŝ



If you do get the flu, **stay home** from work or school. Get the rest you need and avoid getting others sick.



Cover your mouth and nose

when you cough or sneeze, using a tissue or your arm. Not your hands.



 $\ensuremath{\textcircled{\sc 0}}$ 2017 United Healthcare Services, Inc. All rights reserved. CST22565 10/18

UnitedHealthcare does not discriminate on the basis of race, color, national origin, sex, age or disability in health programs and activities.

We provide free services to help you communicate with us. Such as, letters in other languages or large print. Or, you can ask for an interpreter. To ask for help,

please call the toll-free member phone number listed on your health plan member ID card, TTY 711, Monday through Friday, 7:00 a.m. to 7:00 p.m. ATENCIÓN: Si habla español, hay servicios de asistencia de idiomas, sin cargo, a su disposición. Llame al número de teléfono gratuito que aparece en su tarjeta de identificación. UnitedHealthcare no discrimina en base a raza, color, nacionalidad, sexo, edad ni discapacidad en los programas o actividades de salud. Ofrecemos servicios gratuitos para ayudarle a comunicarse con nosotros. Tales como, cartas en otros idiomas o en letra grande. O bien, puede solicitar un intérprete. Para pedir ayuda, por favor llame al número de teléfono gratuito para miembros que aparece en su tarjeta de identificación del plan de salud, TTY 711, de lunes a viernes, de 7:00 a.m. a 7:00 p.m.