



FLU SEASON IS HERE

Protect yourself this season

Keep yourself and your loved ones
healthy with a yearly flu shot

With hundreds of thousands hospitalized each year, the flu vaccine is your best protection.

Why get a flu shot?

- It helps protect you from serious illness. The flu can lead to other health problems like pneumonia and chronic conditions.
- It helps protect those around you. Vaccination can help reduce the spread of flu to loved ones and other groups.
- The vaccine cannot give you the flu. It is designed to safely build protection.
- Side effects are usually mild. Most people only experience minor side effects for a day or two.
- Needle-free options may be available. Not a fan of needles? Ask your Care Coordinators if the nasal spray option is right for you.



Your Care Coordinators are here for you

If you need support, a team of nurses and benefits experts are here to help with things like:

- Answering any questions or concerns you may have about the flu vaccine
- Guiding you to nearby locations that provide the flu vaccine
- Checking your coverage for the flu vaccine and other immunizations

Questions? Contact us today.

(877) 674-3045

8:30 a.m.-10 p.m. ET

healthyhertz.com



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