

# Protect your health with the flu vaccine



## Don't get caught without a flu shot

No one wants to face coming down with the flu. That's why it's important to get a flu shot to help avoid the illness altogether.

Flu shots can be helpful for most people. The Centers for Disease Control and Prevention suggests a yearly dose for those who:

- Are age 6 months through 18 years
- Are pregnant
- Are age 50 and older
- Have a chronic health condition, such as asthma, diabetes, or heart, kidney or lung disease
- Have a weakened immune system
- Live at a nursing home or other long-term care facility
- Are child-care or health care workers
- Live with or care for someone at high risk of flu complications, like a child with asthma



Use the Personal Health Manager's *My Care Profile* to keep track of shots, health screenings and other important health care records. This is one of the many helpful online resources through Blue Access<sup>®</sup> for Members.



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Source: Mayo Foundation for Medical Education and Research;  
Centers for Disease Control and Prevention

52012.0709