



Adults 65 and over need the flu shot every year. The flu shot is the best way to guard yourself and your family from the flu. For most, the flu can be a mild illness, but some adults are at high risk for severe illness, hospitalization, or even death.

Adults at High Risk:

- Residents of nursing homes or other long-term care facilities
- People who have medical conditions, such as:
 - Asthma and COPD
 - Neurological conditions
 - Chronic lung disease
 - Heart disease
 - Blood disorders
 - Diabetes
 - Kidney disorders
 - Liver disorders
 - Weakened immune system due to medications or disease such as HIV, AIDS, or Cancer
 - People who are extremely overweight

Call your doctor to get a flu shot. Flu shots are also offered at most retail pharmacies in our network. Check the [Pharmacy Locator for a pharmacy near you](#). Make sure your local pharmacy is giving flu shots before you leave home. For more information contact member services or your case manager at 866-600-2139 (TTY:711) 24 hours a day, 7 days a week.

For more information about the flu, [click here](#), or go to the Centers for Disease Control and Prevention (CDC) website: <https://www.cdc.gov/flu/>