



All adults 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/>