blueprint

Don't let the FLU knock you off your game.

Get your flu shot. It's your best defense against the flu.

Don't let the flu keep you from doing the activities you and your family love most. And with COVID-19 still a risk in the community, it is possible to get both viruses at the same time. Protect yourself and those you love by getting your flu shot.

Flu facts

- Everyone over 6 months of age should get vaccinated each year.
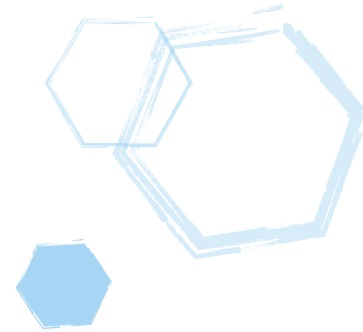- Those most at risk of getting very sick, being hospitalized or dying from the flu are:

  Adults over age 65   **Pregnant women**

  Babies under 12 months of age   **Those that are immunocompromised.**

- By getting your flu shot, you help protect those who cannot get vaccinated.
- You cannot get the flu from the vaccine.
- While the flu shot is not a 100% guarantee you will not get the flu, it can help prevent serious illness and hospitalization if you do get the flu virus.

Flu shots are safe, effective and free (or little cost) to you through your health plan. Get your shot from your primary care provider (PCP) or a pharmacy near you.

Protect yourself, your family and your community. Get vaccinated.

Find an in-network pharmacy or doctor

1. Go to **blueprintportal.com**
2. Sign in or register for Blueprint Portal
3. Select **Find Care & Costs**
4. Search for "Pharmacy" or "Find a PCP"

Arkansas BlueCross BlueShield
An Independent Licensee of the Blue Cross and Blue Shield Association

Health Advantage
An Independent Licensee of the Blue Cross and Blue Shield Association

A small percentage of people should not get a flu shot because of underlying health conditions. Learn more at the Centers for Disease Control and Prevention website (cdc.gov/flu) and talk to your primary care doctor.

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