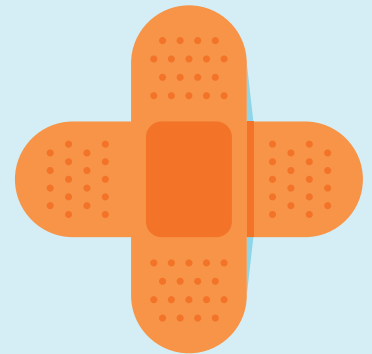


What you need to know about the flu shot



It's that time of year again – when runny noses may be met with a slight moment of panic. Is it just a runny nose – or something worse?

One of the best ways to help you stay healthy for fun, fall and winter activities is to keep up with your vaccinations. Annual flu shots are recommended to prevent or reduce the severity of a flu illness. Even if you had a flu shot last year, you should also receive this year's vaccine.¹

Who should get a flu shot?

A yearly flu shot is recommended for everyone 6 months of age and older, even healthy people. It's especially important for people who are at high risk of complications to get the flu shot. These groups include:

- Adults 65 years and older
- Pregnant women
- Young children under 2 years old
- Those with chronic conditions

When should you get your flu shot?

You should get a flu vaccine by the end of October, according to the Centers for Disease Control and Prevention (CDC). The flu season peaks often in February and can last until May, so you can still get the flu vaccine later. No matter when you get your flu shot, it will still be valuable to help protect you for the rest of the flu season.

Sources:

1. Who Needs a Flu Vaccine and When, [cdc.gov/flu/vaccines/vaccinations.html](https://www.cdc.gov/flu/vaccines/vaccinations.html). Accessed September 5, 2024.

The information provided is for general informational purposes only and is not intended to be medical advice or a substitute for professional health care. You should consult an appropriate health care professional for your specific needs.

All Optum trademarks and logos are owned by Optum, Inc. in the U.S. and other jurisdictions. All other brand or product names are trademarks or registered marks of their respective owners.

©2024 OptumRx, Inc. All rights reserved. WF15063929 11/24



Schedule your flu shot today. Don't wait.

Flu shots can be obtained on a walk-in basis. Just show your SHBP/SEHBP Optum Rx prescription ID Card.

Your flu shot is covered at a \$0 cost share by your SHBP/SEHBP insurance plan when you use a network pharmacy. Sign in to optumrx.com > *Member tools* > *Pharmacy locator* to find a nearby network pharmacy.