

Stick it to the flu^{®1}

Get a flu shot

Getting a flu shot decreases your risk of catching the flu and decreases your chances of spreading it to others.

More than 200,000 people are hospitalized every year from the flu and complications.¹ Don't be one of them.

Many Blue Cross and Blue Shield of North Carolina (BCBSNC) members are eligible to receive a flu shot at no additional cost.² Check your preventive care benefits to see if you qualify under your plan. Then, bring your BCBSNC ID card and a photo ID to the clinic below.

For more information, visit bcbsnc.com/flu

Date:

Time:

Location:



¹ Centers for Disease Control and Prevention, www.cdc.gov. (Accessed May 2010)

² In most cases, members with preventive care benefits will not be charged for receiving a flu shot at an in-network provider. Members with certain plans may not have preventive care benefits or may be responsible for a percentage of the cost of these benefits. Members should refer to their benefit booklet for more information about their preventive care benefits. Some members may be charged an office visit copayment when they visit their physician, depending on their specific benefits and the type of service performed. Nonmembers may receive a flu shot for \$30 (cash or check only). Members in self-funded plans should check with their plan administrator to determine if the influenza vaccine and FluMist^{®2} are covered benefits and, if covered, where they can receive the benefit at the lowest cost. Each clinic has been allocated a supply of

vaccine. Shots will be given on a first-come, first-served basis until the supply is depleted. A parent or legal guardian must accompany children ages 4-17 and provide written authorization (children under 4 should see their physician). These flu shots will be administered by representatives of Maxim Health Systems, a division of Maxim Healthcare Services. In the event that the Centers for Disease Control (CDC) recommend that flu shots go to "priority groups" before the general public, Maxim Health Systems will give priority to those who fit the CDC's high-risk criteria.

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^{®2} Mark of MedImmune, LLC. U3888a, 6/11