

Important flu shot facts



Why should you get a flu shot?

The flu is a respiratory infection caused by a number of viruses. Most people with the flu get better on their own, but it can be serious. It can cause complications and sometimes even death. Getting the flu vaccine every year is the best way to lower your chance of getting the flu and spreading it to others. Antibodies develop in your body about two weeks after you get a flu vaccine. These antibodies provide protection against infection with the viruses that are in the vaccine.

Who should get a flu shot?

In general, everyone six months of age and older should get a flu vaccine every season. People with the following conditions should check with their doctors before getting a vaccine:

- Egg allergy
- Previous reaction to a flu shot
- Guillain-Barre Syndrome
- A fever

Where can you get a flu shot?

You can get the seasonal flu shot at a participating retail pharmacy.

To find one near you, log into your My EMI Health account at www.EMIHealth.com

1. Select the Express Scripts button.
2. Select "Manage Prescriptions" and "Locate a "Pharmacy."
3. Contact the pharmacy to verify vaccine availability and times for administration by a certified pharmacist. No appointment is necessary.

How much will you pay for your flu shot?

Probably nothing. EMI Health plans cover many preventive services, including the flu shot, without cost to you when those services are received from a participating provider. This is true even if you haven't met your yearly deductible. Be sure to present your EMI Health ID card to the pharmacy.