



Kansas City

TEAM UP WITH BLUE KC



AGAINST THE FLU

Everyone 6 months of age and older should get vaccinated against the flu.*



YOUR COVERAGE

Blue Cross and Blue Shield of Kansas City (Blue KC) will pay 100 percent of the allowable charge if you receive your flu shot from an in-network provider. Most primary care doctors, pediatrician practices, clinics, and pharmacies offer flu shots. We recommend you call your healthcare provider prior to going in for a flu shot to ensure there are no restrictions, and the vaccine is available.



Source: The Centers for Disease Control & Prevention

MyBlueKC.com      

LIVE FEARLESS Blue Cross and Blue Shield of Kansas City is an Independent Licensee of the Blue Cross and Blue Shield Association.

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STAYING HEALTHY

Prevent the spread of germs and protect yourself and others from the flu by following these simple steps.

- 1. Cover your nose and mouth with a tissue when you cough or sneeze.** Or cough or sneeze into your arm or sleeve if a tissue isn't handy.
- 2. Wash your hands often with soap and water,** especially after you cough or sneeze. Alcohol-based hand sanitizers are also effective.
- 3. Avoid touching your eyes, nose or mouth** so you don't spread germs.
- 4. Try to avoid close contact with sick people.**

For more information about who is at the greatest risk for the flu this season, visit flu.gov/at-risk.

WE WELCOME YOUR CALLS.

For questions regarding flu shots and your coverage, call Blue KC Customer Service at the number listed on your member ID card.