



Kansas City

PROTECT YOURSELF FROM THE FLU



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

YOUR BLUE KC 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.



Call before your appointment to make sure there are no restrictions and the vaccine is available.



MYTH:
The flu shot can give me the flu.

MYTH:
Vaccines are not proven to prevent the flu.

MYTH:
I should wait to get vaccinated so that I'm covered through the end of the season.

MYTH:
It is better to get the flu than to get a flu vaccine.

FACT:
Flu viruses used in flu shots are inactive, so they cannot cause infection.

FACT:
If you get the flu vaccine, you are about 60% less likely to need treatment for the flu.

FACT:
People should get a flu shot as soon as they are available because it takes about two weeks for antibodies to develop.

FACT:
Getting the flu shot reduces the potential for illness and prevents time lost from normal activities.

STAY HEALTHY



Cover your nose and mouth with a tissue when you cough or sneeze.



Wash your hands often with soap and water, or use an alcohol-based hand sanitizer.



Avoid touching your eyes, nose or mouth so you don't spread germs.

Source: The Centers for Disease Control & Prevention

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

MyBlueKC.com

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