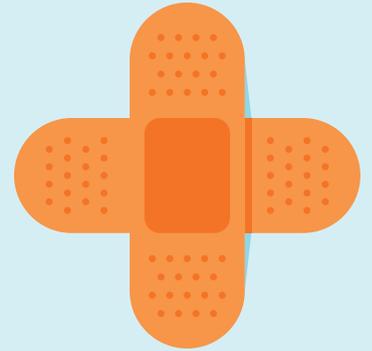


# What you need to know about the flu shot



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.<sup>1</sup>

## 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). This is especially important because of the ongoing spread of COVID-19. 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.



**Schedule your flu shot today. Don't wait.**

Flu shots can be obtained on a walk-in basis. Just show your member ID card.

Your flu shot is covered at a \$0 cost share (by most insurance plans) when you use a network pharmacy. Sign in to **OptumRx.com** > *Member tools* > *Pharmacy locator* to find a nearby network pharmacy.

Sources:

1. Who Needs a Flu Vaccine and When, <https://www.cdc.gov/flu/prevent/vaccinations.htm>. Accessed August 17, 2022.

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