

GET YOUR FLU VACCINE

DON'T RISK GETTING SICK: PROTECT YOURSELF TODAY



In collaboration with the
American Lung Association®



Independence
Blue Cross



A flu shot is recommended for two out of three people

According to the American Lung Association, annual immunization against influenza is recommended for more than 200 million people in the United States.

A flu vaccine (along with hand-washing) is one of the most important steps you can take to prevent the flu

It is especially important for people at high risk for serious complications to get vaccinated every year. Flu outbreaks typically occur during the winter months, from late December through March; however, the flu season usually peaks in February, so getting the flu vaccine in December or even later is still beneficial because the virus that causes influenza circulates into late winter.

New recommendations for child immunizations

Annual flu vaccination of all children age 6 months to 18 years is recommended beginning with the 2008–2009 influenza season.



Are you or someone you know at risk for serious complications of the flu?

If you answer “yes” to any of the following questions, or if anyone with whom you come into close contact has any of these risk factors or lives in a nursing home or long-term care facility, it is strongly recommended that you get a flu shot.

Are you...

- age 50 or older?
- someone in close contact with a child age 5 or younger?
- living in a household or serving as a caregiver of persons at high risk for complications from influenza?
- age 5–64 with an underlying chronic medical condition?
- a health care worker?
- a resident or staff member of a nursing home or long-term care facility?

Do you have...

- a heart condition?
- asthma?
- diabetes?
- a chronic liver or kidney condition?
- a blood disorder or an immune system condition?
- any condition that can affect respiratory function, including chronic lung disease, spinal cord injury, or seizure disorder?





Discuss the flu and pneumonia vaccines with your health care provider today!

The flu virus changes every year, so it is important to **get a flu shot annually**. Also, pneumococcal vaccine can protect you from pneumococcal pneumonia, a serious bacterial infection of the lungs.

For additional resources:

Visit the American Lung Association's Influenza Prevention Program at www.facesofinfluenza.org.

For more information on flu and pneumococcal pneumonia, visit www.ibxpress.com.

This information is not a statement of benefits. Please refer to your benefits description material for complete details of the terms, limitations, and exclusions of your coverage.

Independence Blue Cross offers products directly, through its subsidiaries Keystone Health Plan East and QCC Insurance Company, and with Highmark Blue Shield — independent licensees of the Blue Cross and Blue Shield Association.

It's time to discuss the pneumonia vaccine with your health care provider if...

- you are 65 or older and have never had this vaccine;
- you are 65 or older and it has been five or more years since you received a pneumonia vaccination, and you were under age 65 at the time of that vaccine;
- you are under 65 and have one or more of the following long-term health problems: heart disease, lung disease, sickle cell disease, diabetes, cirrhosis, Hodgkin's disease, kidney failure, HIV infection or AIDS, or alcoholism;
- you are a resident of a long-term care facility.



A pneumococcal vaccination can be just as important as getting a flu shot

Pneumonia kills thousands of older people in the United States each year. The pneumonia vaccine (which is given only once, not yearly, after age 65) can be given at any time during the year, and it is safe to get it at the same time as the flu vaccine.

We're here for you every step of the way.





Population Health and Wellness
P.O. Box 13526
Philadelphia, PA 19101-3526

PRESORTED
STANDARD
U.S. POSTAGE
PAID
CONSHOCKEN, PA
PERMIT NO. 345

GET YOUR FLU VACCINE
DON'T RISK GETTING SICK:
PROTECT YOURSELF TODAY

