



## Stay Healthy this Flu Season! Get your *free* flu shot before end of year!

When autumn arrives, so does the potential to catch the flu. The flu brings body aches and pains, fever, and cold-like symptoms, and may prevent you from doing activities you enjoy for up to one week or more.

TexanPlus<sup>®</sup> HMO offers free annual flu shots to help you avoid catching the flu. It's one of our many Live Healthy services, designed to help you stay healthy and independent, and get the most out of life.

It's not uncommon for people to skip this very important vaccine because they are afraid it may give them the flu. According to the Centers for Disease Control and Prevention (CDC), a flu shot cannot give you the flu.\*  
**The best way to prevent the flu is to get your flu shot annually.**

Anyone can get the flu, but older adults and people with health problems are at high risk of having serious flu-related complications. Dr. Trevor Rabie, M.D., our Chief Medical Officer, says, "Some of the people who are at higher risk for complications include people with asthma, diabetes, or heart disease, and those who have had a stroke." You are most likely to get the virus during flu season, which can start as early as October and end as late as May. "Now is the time to get your flu prevention," advises Dr. Rabie.

To get your free flu shot,\*\* simply present your TexanPlus HMO Member ID card at a local pharmacy, like CVS, Walgreens or Target Pharmacy from September 1, 2015 through December 31, 2015. Once you've chosen a pharmacy, be sure to call and see if an appointment is required.

### Getting your free flu shot is one smart way to Live Healthy!

For more information about the flu and the flu vaccine, visit the Live Healthy Library located on MemberLink at <https://MemberLink.UniversalAmerican.com>.



If you have any questions about your plan, please call us at 1-800-958-2707, 8:00 a.m. to 8:00 p.m. in your local time zone (TTY users call 711) 7 days a week.

TexanPlus<sup>®</sup> HMO is a Medicare Advantage plan with a Medicare contract. Enrollment in TexanPlus<sup>®</sup> HMO depends on contract renewal.

\*<http://www.cdc.gov/flu/about/qa/flu-shot.htm>

\*\*If you go to your doctor to get a flu shot, which is covered under your plan, ask if any out-of-pocket costs will apply.