



# Get a Flu Shot – Not the Flu!

*This health tip brought to you by Health Net*

## *Keep the flu from bugging you*

If you've been waiting for a good reason to get a flu shot, we'll give you five!

1. **Costs you nothing!** Your UC Blue & Gold HMO plan covers an annual flu shot with a \$0 copayment.
2. **Saves you** from spending your money on cough drops and tissues – and sick days in bed.
3. **Protects you** and your loved ones against targeted flu viruses.
4. **Lasts** throughout the entire flu season.
5. **Makes** for a healthy holiday season.



Staying healthy is just as important as getting well.

## *Get your shot where you want*

- **At your doctor's office.**  
You can call to schedule your flu shot or ask for one at your next appointment.
- **On the go at a Health Net of California, Inc. (Health Net) contracted pharmacy.**  
You can get a flu shot at CVS, Target, Walgreens, and other locations and get your shopping done at the same time.
  - No prescription needed.
  - No appointments required.
  - Get reimbursed by Health Net. You'll pay up front for your flu shot. Then send us your claim form and receipt, and we will pay you back.



**Don't let the flu slow you down. Flu shots are free, fast and convenient for Blue & Gold members. Get yours today!**