



# Get a Flu Shot – Not the Flu!

*This health tip brought to you by Health Net of California, Inc.  
and Health Net Life Insurance Company (Health Net)*

## *Why get the flu shot?*

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

1. **Getting sick is never fun.** Protect yourself and your loved ones against targeted flu viruses, and decrease your chances of getting sick.
2. **Saves you** from spending your money on cough drops and tissues – and sick days in bed.
3. **Lasts** throughout the entire flu season.
4. **Makes** for a healthy holiday season.

## *Who should get vaccinated?*

Everyone 6 months of age and older should get a flu vaccine every season. It's especially important for children under 18 months of age, adults over age 65 and others with low immune systems since these people are at higher risk for developing serious problems caused by the flu.



Staying healthy is  
just as important as  
getting well.



**Don't let the flu slow you  
down. Call to schedule  
your flu shot or ask for one  
at your next appointment.**