



FLU SHOT REMINDER

Even healthy people can get very sick from the flu.

Protect yourself against getting the flu.

The flu (influenza) is a disease that can lead to hospitalization and, in severe cases, even death. Each flu season, and the way everyone reacts to it, is different. Even healthy people can get sick from the flu and spread it to others. The flu season in the United States can begin as early as October and last as late as May.

TRICARE PRIME beneficiaries can get their flu vaccine at no cost and without a referral or authorization from military treatment facilities, network providers, or from participating network pharmacies administering vaccines to TRICARE beneficiaries. Use of non-network providers and pharmacies requires a referral/authorization from the primary care manager.

For More Information

To learn more about the seasonal flu, visit the CDC website at www.cdc.gov/flu/index.htm.

For preventive screening and testing, always refer to your health plan documents for specific benefit coverage and limitations. For more information about your health care plan, or to access helpful tools and resources, visit www.tricare.mil/flu. You can also visit www.uhcmilitarywest.com.

If you have any questions about these reminders or don't wish to receive them in the future, call customer service at **1-877-988-9378** from 7 a.m. to 7 p.m. local time, Monday through Friday.

Some people are more prone to getting the flu.

The Centers for Disease Control and Prevention (CDC) recommends that people ages six months or older get vaccinated against influenza as soon as flu season vaccine becomes available in their community. It takes about two weeks after vaccination for antibodies to develop in the body and provide protection against the flu. It is especially important for some people to get vaccinated, including:

- People who are at high risk of developing serious complications (like pneumonia) if they get sick with the flu. This includes:
 - People who have certain medical conditions including asthma, diabetes and chronic lung disease
 - Pregnant women
 - People 65 years and older
 - Children younger than five years (especially those under two years)
- People who live with or care for others who are high risk of developing serious complications.

This material is for informational purposes only. It is neither intended nor implied to be a substitute for professional medical advice. Always seek the advice of your physician or other qualified health care provider if you have any questions regarding a medical condition. Some services or treatments may not be covered under your health benefit plan.