

TAKE YOUR BEST SHOT TO STOP THE FLU

This season, the flu vaccination is more important than ever. When you get a flu shot, you not only help protect yourself, but those around you, too.

FirstCare Health Plans covers flu vaccinations for members at **no charge** at in-network pharmacies, walk-in clinics and your doctor's office.

Visit the member portal at [MyBSWHealth.com](https://www.MyBSWHealth.com) to find an in-network provider and get your flu shot soon.

Why get vaccinated?

- The CDC recommends that everyone 6 months and older get an annual flu vaccine
- Flu vaccines have been shown to reduce the risk of flu illness and hospitalization
- One vaccination can protect against several types of flu
- Flu prevention during the pandemic may save healthcare resources for the care of patients with COVID-19

For more information visit www.CDC.gov/flu.

Feeling sick? Explore virtual care options in the member portal.