



# Start out strong.

## Protect yourself with a flu shot.

It's that time of year again. If you've ever had the flu, you know how sick it can make you feel. The good news is that the best way to prevent the flu is to get a flu shot. This can help protect you and those around you all throughout the season.

### Who needs the flu shot?

Everyone ages 6 months and older should get the flu shot unless it's not recommended by a doctor. It's especially important for those who have a higher chance of getting the flu, including:<sup>1</sup>

- Pregnant women
- Children under the age of 5
- Adults ages 65 and older
- Anyone with a health condition, such as asthma or diabetes, or a weak immune system

\*Aetna Whole Health<sup>SM</sup> members should go through their primary care doctor for the flu vaccine.

\*\*Flu shots available when MinuteClinic health care provider is on duty. Age restrictions apply.

\*\*\*For a complete list of other participating providers, log in to your member site at **Aetna.com** and use our provider search tool.

<sup>1</sup>Centers for Disease Control and Prevention. **People at high risk for flu complications**. August 27, 2018. Accessed September 10, 2019.

### Get your flu shot today.\*



Log in to your member website at **Aetna.com** to find a network provider.



Walk in or schedule a flu shot\*\* at **MinuteClinic**<sup>®</sup> at select CVS Pharmacy<sup>®</sup> and Target<sup>®</sup> locations.\*\*\*

# Who else can you protect by getting a flu shot?

The people you see daily could have a higher chance of getting the flu, but you may not know it.



**Your friendly neighbors**  
*who have a baby at home*



**The passengers on your bus**  
*who are 65 and older*



You



**Your favorite coffee shop employee**  
*who has type 1 diabetes*



**Your coworker who is pregnant**  
*but not showing*



**Give yourself the best shot at good health. *Get your flu shot today.***

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