

# Stay healthy this flu season. Get your flu shot today!



## It's October, which means flu season is in full swing!

Everyone and anyone can get the flu. The Centers for Disease Control and Prevention (CDC) recommends everyone six months of age and older to get the flu shot. With COVID-19, it is more important than ever to get the flu shot. Now is the time to get a flu shot to make sure you are protected!

### Where Can I Get Vaccinated?

- Provider offices and clinics
- Pharmacies (including most supermarket pharmacies)
- Your local health departments
- Urgent care clinics

Health Choice Generations (HMO D-SNP) members can get a **\$10 gift card** for getting their flu shot. Once you have gotten your flu shot, and we have the information from the administering provider, Health Choice Generations will send you a gift card. We will use your mailing address that we have on file. If you need to update your address, please call Member Services at **1-800-656-8991** (TTY **711**), 8 a.m. to 8 p.m., 7 days a week.

If you have gotten your flu shot, but not your gift card, please call Member Services or send us an email at [comments@HealthChoiceAZ.com](mailto:comments@HealthChoiceAZ.com). Please have the following information about your visit on hand:

- Date of getting your flu shot
- Provider/Pharmacy/Clinic name

### Follow these tips to help prevent the flu:

- Get the flu shot. It's at no cost to you!
- Wash your hands often.
- Cover your nose and mouth with a tissue when you sneeze or cough.
- Stay home if you are sick to prevent spreading the flu to others.
- Avoid close contact with sick people.
- Remember, the flu shot will not give you the flu! A flu vaccine is the best protection against the flu.

The vaccine doesn't just protect you – it protects your friends, family, and community from a potentially deadly virus. If you think you've caught the flu, make an appointment with your primary care provider as soon as possible.

### Symptoms

- Fever and chills
- Cough, runny, or stuffy nose
- Fatigue and weakness
- Headache, muscle, and body aches
- Nausea, diarrhea, or vomiting

### How to treat

- Get plenty of rest
- Drink plenty of fluids

### We are here to help you stay healthy!

Call Member Services at **1-800-656-8991**, TTY **711**, 8 a.m. to 8 p.m., 7 days a week, for help finding a provider or pharmacy giving flu shots near you.

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Health Choice Generations (HMO D-SNP) complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-656-8991 (TTY: 711).

Díí baa akó nínizin: Díí saad bee yáníłti'go Diné Bizaad, saad bee áká'ánída'áwo'déé', t'áá jiik'eh, éí ná hóló, koji' hódíłnih 1-800-656-8991 (TTY: 711)

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