



## Getting your flu shot takes minutes. Getting over the flu takes weeks.

### Don't let the flu slow you down

The best protection against the flu is to get yourself and your loved ones flu shots. Don't worry. The flu vaccine can't give you the flu. It helps your body fight the flu if you are exposed to the virus. If you haven't had a flu shot before, talk to your doctor first.

If you have kids, the Centers for Disease Control and Prevention (CDC) suggests that all children six months and older get a flu shot. The CDC encourages people to get the flu shot as soon as it's available. But, you can get the shot anytime during the flu season, October through May.

### Get your flu shot with the Pharmacy Immunization program

Get flu and pneumonia shots from a pharmacy in our Pharmacy Immunization program. It's quick and easy.

### You choose where

Just go to a participating pharmacy that offers flu shots. You can find one close to home or work. Check on the back of this flier or call the pharmacy you'd like to visit.

### You choose when

You don't need an appointment. You don't have to squeeze into your doctor's schedule. Pick a time that works for you. Many participating pharmacies are open after hours and on weekends.

### Your shot is covered

You have the same coverage you have for a shot at your doctor's office. Just present your member ID card at the pharmacy, then get your shot from the pharmacist. You don't need a prescription.

### And if you have questions, we're here

If you have questions, please call the Member Services phone number on the back of your ID card.

Get your flu shot before the flu gets the best of you. Learn more about the flu and vaccine at the **CDC's web site.**



## Pharmacies in the program

Independent and regional pharmacies may not be listed below.

A&P US	Horton & Converse Pharmacies	Shopko Stores, Inc.
Ahold	Hy-Vee Food Stores, Inc.	Strategic Health Alliance/McKesson/ Health Mart
Albertsons LLC	IHC Health Services, Inc.	SuperValu Pharmacies, Inc.
Amerisource	Ingles Markets	Target
Associated Fresh Markets, Inc.	Kerr Drug, Inc.	Truecare
Aurora Pharmacy, Inc.	Kmart	United Supermarkets, Inc.
Bartell Drug Company	Kroger	USA Drug
Brookshire Grocery Co.	May's Drug Stores, Inc.	Wakefern Food Corporation
Cardinal Health/LeaderNET	Medicap Pharmacy, Inc.	Walgreens
Costco Wholesale, Inc.	Medicine Shoppe	Wegmans Food Markets, Inc
CVS	Meijer Pharmacy	Weis Markets, Inc.
Dierbergs	Pamida Pharmacies	Winn-Dixie
Discount Drug Mart	Price Chopper Pharmacy	
Drug World Pharmacies	Publix Super Markets, Inc.	
Epic Pharmacy Network	Raley's	
Family Care Plus	Rite Aid Corporation	
Fred W. Albrecht Grocery	Ritzman Pharmacies, Inc.	
Giant Eagle Pharmacy	Roundy's Supermarkets	
H.E. Butt Grocery Company	Safeway, Inc.	
Hannaford Bros. Co.	Save Mart Supermarkets	
Harris Teeter Inc.	Schnucks Markets, Inc.	

Note: The Pharmacy Immunization Program may vary depending on your benefits, including your cost share. Not all plans cover immunizations under pharmacy benefits.

Source: Centers for Disease Control and Prevention website: *Key Facts About Seasonal Flu Vaccine* (July 7, 2012): [cdc.gov/flu/protect/keyfacts.htm](http://cdc.gov/flu/protect/keyfacts.htm).