# “Knock, knock. I'm baaack!”

## — *the Flu*

## Protect yourself and your family from the flu — get a flu vaccine at your local doctor

Before you know it, the flu will be visiting again. The good news is the flu shot can help protect you, your family, and community — especially those at high risk for illness and those with chronic conditions. It’s best to get the shot before flu cases rise, since it takes up to two weeks for the vaccine to build up your immunity and make you more protected.[1]

Your Anthem plan covers preventive flu vaccines at 100% when you go to a doctor in your plan’s network.

### The flu shot works

The Centers for Disease Control and Prevention (CDC) estimates the flu shot prevented:[2]

**1.8 million**
**flu-related illnesses**

**1 million**
**doctor visits**

**22,000**
**hospitalizations**

### Find a flu shot

Scan the QR code with your phone’s camera to find a doctor in your plan’s network to schedule your flu vaccine.

Anthem

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1 Mayo Clinic: Flu shot: Your best bet for avoiding influenza (accessed May 2023): mayoclinic.org.

2 Centers for Disease Control and Prevention: 2021-2022 Estimated Flu Illnesses, Medical Visits, Hospitalizations, and Deaths Prevented by Flu Vaccination (accessed May 2023): cdc.gov.

There are types of flu shots that are not considered preventive and may or may not be covered at 100% for all plans.

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