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| *This message is part of an email series offering tips for good health and advice to help you understand and get the most out of your Premera Blue Cross health plan.* |
| Protect your health with an annual flu shot Getting a flu shot every year is one of the best ways to protect yourself from getting sick. The flu virus changes every year, so you should get the vaccine annually—even if you got it before.  **Who should get the flu shot?**  Everyone over the age of 6 months should get a flu shot, according to the U.S. Centers for Disease Control and Prevention.  **Where are flu shots available?**  You can get a flu vaccination at almost any in-network pharmacy or doctor.  **How much will it cost?**  Your flu shot is free if you go to an in-network doctor or pharmacy.\* Just show your Premera ID card. It’s that easy.  \*If the flu shot is your only reason for your office visit, the visit will be fully covered. If you have other care or services as part of the office visit, you may be responsible for all or part of the cost of the visit. You may need to pay up-front at your pharmacy. Go to [premera.com](https://www.premera.com/portals/member/account/logon?TYPE=33619969&REALMOID=06-5539c167-23d8-4ccd-b7d2-0dbbaf9b350e&GUID=&SMAUTHREASON=0&METHOD=GET&SMAGENTNAME=prod_pbc_b&TARGET=-SM-http%3a%2f%2fwww%2epremera%2ecom%2fPortals%2fMember%2fBenefits%2f) to download and submit a medical claim form to be reimbursed.  **TIP**  Find an in-network doctor or pharmacy by visiting [premera.com](https://www.premera.com/portals/member/account/logon?TYPE=33619969&REALMOID=06-5539c167-23d8-4ccd-b7d2-0dbbaf9b350e&GUID=&SMAUTHREASON=0&METHOD=GET&SMAGENTNAME=prod_pbc_b&TARGET=-SM-http%3a%2f%2fwww%2epremera%2ecom%2fPortals%2fMember%2fBenefits%2f) and using the Find a Doctor tool. |
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