Flu season is coming. Are you protected?

Visit your doctor or local pharmacy to get your annual flu shot.

You can help slow the spread of the flu—and protect yourself, your family and your community—by getting the flu shot every year. An annual flu shot is recommended for everyone six months and older.[1] That's why it's covered at little to no extra cost through your Cigna Healthcare® medical plan.[2] Here's what you need to know:



Vaccines are safe and effective.

If needed, other vaccines may be given at the same visit as a flu shot.[3] Talk to your doctor or pharmacist about which vaccines are recommended based on age group, or learn more from the American Academy of Family Physicians (AAFP).[4]



You have access to 24/7 virtual care.

If you're experiencing cold or flu-like symptoms, such as a cough, sore throat or headache, you can access lower-cost care right at home. Visit **myCigna.com**® to get virtual care with MDLIVE®.



Prevention is possible.

You can help avoid getting or spreading the flu by washing your hands, covering your sneezes and coughs, and staying home when you're sick.[5]

Go to myCigna.com to find a local pharmacy or call your doctor to schedule your flu shot.

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1. Centers for Disease Control and Prevention (CDC). "Who Needs a Flu Vaccine." Last reviewed October 3, 2024. www.cdc.gov/flu/vaccines/vaccinations.html
2. Subject to plan terms and limitations. See plan details for more information.
3. American Medical Association (AMA). "8 Things Doctors Wish Patients Knew about Flu Vaccines." Last reviewed October 4, 2024. www.ama-assn.org/delivering-care/public-health/8-things-doctors-wish-patients knew-about-flu-vaccines
4. If you have questions about which flu shot is right for you or whether it is safe to get your flu shot at the same time as another vaccine, talk to your doctor, pharmacist or health care provider.
5. CDC. "Healthy Habits to Help Protect Against Flu." Last reviewed August 20, 2024. www.cdc.gov/flu/prevention/actions prevent-flu.html

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