

Protect yourself from the flu – get a flu shot



Get your flu shot

The flu shot can prevent the flu. You can get the flu shot from your doctor or a Maxim flu shot clinic.

Remember...

- The flu shot does not contain live viruses, so you cannot get the flu from the flu shot.¹
- A flu shot is needed every year.

Who should get the flu shot?

People who are at high risk for complications should get a flu shot. This includes:

- All children aged 6 months – 59 months
- All persons aged 50 years and older
- Children and adolescents (aged 6 months – 18 years) who are receiving long-term aspirin therapy
- Women who will be pregnant during the flu season
- Adults and children who have chronic pulmonary (including asthma), cardiovascular (except hypertension), renal, hepatic, hematological or metabolic disorders (including diabetes mellitus)

- Adults and children who are immunosuppressed
- Adults and children who have any condition (for example cognitive dysfunction, spinal cord injuries, seizure disorders, or other neuromuscular disorders) that can impair respiratory function or the handling of respiratory secretions or that can increase the risk for aspiration
- Residents of nursing homes and other chronic care facilities

People with close contact to those at high risk should also get a flu shot.

Information about Maxim flu shot clinics

- To find a Maxim flu shot clinic near you, go to Maxim's website at www.findaflushot.com. You can also call Maxim at 1-866-466-2976. The call is free.
- The Maxim flu shot clinics are being held October 1 through mid-November.

- Take your Aetna member ID card with you when you go to get a flu shot. Maxim will not ask you to pay when you get your flu shot. Maxim will bill Aetna and will only bill you if your medical benefits plan does not cover all or part of the cost of the flu shot. Aetna's cost for the flu shot is \$22.50.
- Members who do not show their Aetna ID card will be asked to pay at the time the flu shot is given.
- Maxim flu clinics held at Costco locations are for Costco members only.
- Maxim does not give the flu shot to children under 9 years of age.
- Maxim does not carry the nasal flu spray. Call your doctor if you want the nasal flu spray instead of the flu shot.

For information about your benefits, log in to our Aetna Navigator™ secure member website.

For more information about flu prevention, visit the Centers for Disease Control and Prevention (CDC) website at www.cdc.gov/flu/.

¹Department of Health and Human Services. Centers for Disease Control and Prevention. National Immunization Program. Vaccine Information Statement – Inactivated Influenza Vaccine (7/16/07).

Aetna is the brand name used for products and services provided by one or more of the Aetna group of subsidiary companies. The Aetna companies that offer, underwrite or administer benefits coverage include Aetna Health Inc., Aetna Health of California Inc., Aetna Health of the Carolinas Inc., Aetna Health of Illinois Inc., Aetna Health Insurance Company of New York, Corporate Health Insurance Company, Aetna Life Insurance Company and Aetna Health Administrators, LLC.

Services described in this communication are subject to benefits plan design and availability.