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.

Anthem BlueCross BlueShield

And Its Affiliate HealthKeepers, Inc.

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.**

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Anthem BlueCross BlueShield

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Pharmacies in the program

Independent and regional pharmacies may not be listed below.

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

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.

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