

# Protect yourself and those around you. Get your seasonal flu shot.



The flu is a contagious illness caused by influenza viruses that infect the lungs, throat and nose. The flu affects millions of people each year and can lead to serious illness, or even death. According to the Centers for Disease Control and Prevention (CDC), the best way to prevent the flu is by getting vaccinated each year.

## Where to get your flu shot

There are several ways you can obtain this year's flu vaccine:

- ▶ Visit your doctor or other network provider.
- ▶ Visit a network Convenience Care Clinic.
- ▶ Visit a select retail pharmacy or contracted flu shot provider.
- ▶ To locate a network provider, visit [myuhc.com](http://myuhc.com)<sup>®</sup> or call the member phone number listed on your health plan ID card.

## Convenience Care Clinics

Convenience Care Clinics are typically located in retail stores and don't require appointments. They provide a limited range of simple care services, including flu shots, subject to primary care physician office visit copayments. Services/treatments offered to patients 18 months of age or older and may vary with each center.

- ▶ **The Little Clinic<sup>®</sup>**  
[www.thelittleclinic.com](http://www.thelittleclinic.com)
- ▶ **MinuteClinic<sup>®</sup>, CVS<sup>®</sup> Pharmacy**  
[www.minuteclinic.com/services/vaccination/](http://www.minuteclinic.com/services/vaccination/)
- ▶ **Take Care Clinic<sup>SM</sup>, Walgreens Pharmacy**  
[www.takecarehealth.com/what-we-treat.aspx](http://www.takecarehealth.com/what-we-treat.aspx)
- ▶ **Target<sup>®</sup> Clinic**  
[www.target.com/flu](http://www.target.com/flu)

## Retail locations and pharmacies\*

Pharmacists associated with retail pharmacies can administer flu shots. No appointments are necessary.

- ▶ **CVS<sup>®</sup> Pharmacy**  
[www.cvs.com/flu](http://www.cvs.com/flu)
- ▶ **Rite-Aid<sup>®</sup> Pharmacy**  
[www.riteaid.com/pharmacy/immunization/](http://www.riteaid.com/pharmacy/immunization/)
- ▶ **Target<sup>®</sup> Pharmacy**  
[www.target.com/flu](http://www.target.com/flu)
- ▶ **Walgreens<sup>®</sup> Pharmacy**  
[www.walgreens.com/flu](http://www.walgreens.com/flu)
- ▶ **Mollen Immunization Clinics**  
Visit [www.flushotsusa.com](http://www.flushotsusa.com) to search for a flu shot clinic near you.

Please note that there may be some instances where a particular location offered by one of the above centers is not participating in the national UnitedHealthcare network.



A routine office copay, coinsurance, or deductible may apply for flu shots. Check your plan benefits for specific coverage details.



All trademarks are the property of their respective owners.

\* Please note age restrictions or limitations may apply, check with vendor for specific age or flu shot requirements.

For information from the Centers for Disease Control and Prevention (CDC) about the 2012-2013 influenza season, including information about the season's vaccines, vaccination recommendations and disease activity, <http://www.cdc.gov/flu/protect/vaccine/index.htm>. UnitedHealthcare is not affiliated with this website.

Sources: <http://www.cdc.gov/flu/>

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