

There are two things you **won't** get from a flu shot.

**1. The flu.**

You can't get the flu from a flu shot.

**2. The bill.**

Your flu shot is free, if you are enrolled in Medicare Part B and your health care provider accepts Medicare assignment.



My flu shot appointment is on \_\_\_\_\_ Date

at \_\_\_\_\_ Time

*Remember!*

- **Do I need a flu shot every year?**

Yes, because the flu virus changes every year.

- **How serious is the flu?**

The flu can be serious for people over 65. It can lead to dangerous—and costly—health problems.

- **When should I get my flu shot?**

The best time is in the fall, before flu season starts.

By getting your shot, you'll also avoid spreading the flu to loved ones.

**You can protect yourself from some pneumonia infections by getting a pneumococcal shot. One shot may be all you ever need—ask your doctor.**

**HMO members:**

Most members must get their flu and pneumococcal shots from their HMO. Check with your HMO.

*Note: People allergic to eggs should consult their health care provider before getting a flu shot.*

**Remember, Medicare Part B pays for both the flu and pneumococcal shot, if you are enrolled in Medicare Part B and your health care provider accepts Medicare assignment.**

**GET THE FLU SHOT.  
NOT THE FLU.**

**Contact your health care provider today!**

