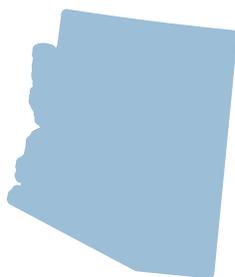


# A Letter to Our Members from Your Health Plan

Dear Members:

It's October, which means flu season is in full effect! Flu season in Arizona starts this month and goes through May. Everyone and anyone can get the flu. Now is the time to get a flu shot to make sure you are protected!

## Flu by the Numbers in Arizona



- At least 5% of the population will get the flu
- Over 4,000 people are hospitalized because of the flu
- Around 700 people will die from the flu

## Who should get a flu shot?



Everyone 6 months of age or older. It is especially important for younger children, pregnant women, people 65 years or older, and those with compromised immune systems to get vaccinated.

## How do I stay healthy during flu season?



Wash your hands often



Avoid close contact with sick people



Cover your nose and mouth with a tissue when you sneeze or cough

The vaccine doesn't just protect you – it protects your friends, family, and community from a potentially deadly virus. If you think you've caught the flu, make an appointment with your primary care provider as soon as possible.

Call your health care provider or pharmacy to find the best location to get your shot today.

Stay Healthy,

Steward Health Choice Generations HMO SNP

Source: Centers for Disease Control and Prevention

This information is available in other formats, such as Braille, large print, and audio.

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