



## Who are you getting the flu shot for?

I'm getting the **flu shot for** My Father

This flu season, **help your family stay healthy.**

Getting an annual flu shot is the best way to protect you from getting sick from the flu. Flu shots are safe and easy to get, and they are available at no cost for everyone in your family.

**Your flu shot is waiting for you.**

- If you are an adult, you can get a flu shot at a local pharmacy or at your doctor's office.
- Children and adolescents under age 19 need to get the flu shot at their doctor's office. If your child is between 6 months and 8 years old, they may need two doses of the flu shot.

If you have questions about your Alliance benefits, call Member Services at **800-700-3874 (TTY: Dial 800-735-2929 or 711).**

You can also visit our website at [www.thealliance.health/flu](http://www.thealliance.health/flu).

### **NEW MEMBER REWARD:**

Children ages 7 to 24 months old who get their two flu shot doses between September and May will be entered into a monthly raffle for a

**\$100 TARGET GIFT CARD!**

Central California Alliance for Health

**HEALTHY PEOPLE. HEALTHY COMMUNITIES.**