



News For Your Health

October 2015

HEALTHSUN MEMBER - GET YOUR FLU AND PNEUMONIA SHOT!

As the flu season approaches, HealthSun, as your health plan, wants to encourage you to get a Flu Vaccine Shot and a Pneumonia Shot this year.* A number of strains of influenza - or the Flu - are anticipated this winter season. Some of these strains can cause severe illness, especially in those with chronic health problems or the elderly. Symptoms of the Flu may include high fever, headache, tiredness, cough, runny nose, aches, and a sore throat. The Flu is caused by a virus that infects your nose, throat, and lungs and is very contagious as it is easily spread from person to person.

While the Flu can be relatively mild for some people, the Flu can lead to:

- Pneumonia
- Severe dehydration
- Hospitalization
- Death

The Flu Shot recommended by the Centers for Disease Control (CDC) is currently recommended for all persons age 6 months or older. Getting your Flu Shot **early** is recommended as it can take up to 2 weeks for you to become fully protected after getting the shot. The good news is that the immunity from the vaccination lasts throughout the flu season. Get your Flu Shot now! *

HealthSun is encouraging you to also get a Pneumonia Shot now.

HealthSun is making getting both your Flu and Pneumonia Shot easy - it is available at your doctor's office/center. Getting the Flu and Pneumonia Shot from your doctor ensures proper documentation in your medical record.

If you cannot see your doctor, you can visit a retail pharmacy (CVS, Publix, etc) where Flu Shots are available. If you chose this option, you may have to pay for the Shot at the pharmacy and then submit a request to HealthSun for payment. **Publix will provide the shots free of charge to you!**

For any questions, please call your doctor or HealthSun's Member Services Department at (877) 336-2069 or (305) 447-4458.

**If you have a severe allergy to eggs, please talk to your doctor before going for your Flu Shot!*