



Stay ahead of the flu this year.

Defend against the flu.

Keep the flu away this year by getting your flu shot!

The Centers for Disease Control and Prevention encourages the flu shot for everyone who's six-months old or older.

Where can I get a flu shot?

You can get a flu shot at your in-network health care provider's office or any participating pharmacy, including:

- Albertsons/Sav-On
- Bi-Mart
- Fred Meyer/Kroger
- Safeway
- Providence Retail Pharmacies
- Target
- Walgreens

Flu shots are covered in full for Providence Health Plan members at participating pharmacies. Present your Providence Health Plan identification card when receiving the flu shot. Contact customer service (1-800-878-4445) with questions regarding where to receive your flu shot.

For more health, wellness, or prevention information, visit [ProvidenceHealthPlan.com/flu](https://www.ProvidenceHealthPlan.com/flu).

