

*Live healthy*   
with TexanPlus® HMO/HMO-POS/HMO-SNP

4888 Loop Central Dr.  
Houston, TX 77081

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**Don't let the flu  
slow you down.**

**Stay Healthy –  
Get Your FREE  
Flu Shot!**



## Stay Healthy this Flu Season! Get your FREE Flu Shot!<sup>1</sup>

When autumn arrives, so does the potential to catch the flu. The flu brings body aches and pains, fever, and cold-like symptoms, and may prevent you from doing activities you enjoy for up to one week or more. Flu season begins in October and runs as late as May.

**It's not uncommon for people to skip this very important vaccine because they are afraid it may give them the flu. According to the Centers for Disease Control and Prevention (CDC), a flu shot cannot give you the flu.<sup>2</sup>**

The first and most important step in preventing the flu is to get a flu vaccination each year.<sup>3</sup> Your plan offers free annual flu shots to help you avoid catching the flu.

To get your free flu shot, simply visit your doctor or present your TexanPlus Member ID card at a local pharmacy that administers flu shots like CVS, Walgreens or Target Pharmacy from September 1, 2016 through December 31, 2016. Once you've chosen a pharmacy, be sure to call and see if an appointment is required.

**Don't risk catching the flu! Get your free flu shot early in the season, if you can. It's one smart way to Live Healthy!**



**Questions and Answers with  
Dr. Trevor Rabie, M.D.,  
Chief Medical Officer,  
TexanPlus**

**Q: Who can get the flu?**

A: Anyone can get the flu, but older adults and people with health problems are at high risk of having serious flu-related complications.

**Q: Who is at risk for complications from the flu?**

A: People with asthma, diabetes, or heart disease, and those who have had a stroke.

**Q: When should I go for my flu shot?**

A: Now is the time! Remember, flu season begins in October and runs as late as May.

TexanPlus® HMO, TexanPlus® HMO-POS, and TexanPlus® HMO-SNP are Medicare Advantage plans with a Medicare contract. TexanPlus® HMO-SNP is a Medicare Advantage plan with a Medicare contract and a contract with the State Medicaid Program. Enrollment in these plans depends on contract renewal. This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments, and restrictions may apply. Benefits, premiums and/or copayments/co-insurance may change on January 1 of each year.

<sup>1</sup>If you go to your doctor to get a flu shot, ask if any out-of-pocket costs will apply. The flu shot is covered by your plan at \$0 cost-share, when done in-network. <sup>2</sup><http://www.cdc.gov/flu/about/qa/flushot.htm> <sup>3</sup><http://www.cdc.gov/flu/keyfacts.htm>