

**Subject:** [Verified] [Test]:Protect yourself by getting the flu shot

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**From:** Braven Health

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## Now is the Time to Get Your Flu Shot.

Flu shots are available now. Protect yourself by getting vaccinated. Flu season usually starts in October, peaks between December and February, and begins to wind down in May. The Centers for Disease Control and Prevention (CDC) recommends that everyone six months of age and older get a flu shot.

### Why Get the Flu Shot?\*

- Approximately 70% of seasonal flu-related deaths and hospitalizations occur in people age 65 and older. Getting a flu shot is your best protection.
- Vaccines may now be given without timing restrictions. This includes getting the COVID-19 vaccine and other vaccines, such as the flu shot, on the same day.

Another reason not to delay getting your flu shot? The flu vaccine is covered under your Braven health plan, so there's no additional cost to you! For more information about why your flu shot is important, visit [cdc.gov/flu](https://www.cdc.gov/flu).

You can get a flu shot at your doctor's office or local, participating pharmacy. Visit [BravenHealth.com/find-doctor](https://www.BravenHealth.com/find-doctor) to find a pharmacy near you, or call Member Services at **1-833-713-1313 (TTY 711)**, weekdays, from 8 a.m. to 8 p.m., Eastern Time.



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\*[CDC.gov](https://www.cdc.gov)

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