

# BLUE ADVANTAGE BULLETIN

MEDICARE MADE EASY

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## DON'T FALL FOR THESE FLU SHOT MYTHS

**MYTH: INFLUENZA IS NOT SERIOUS. I DON'T NEED THE VACCINE.**

**FACT:** As many as 650,000 people per year can die of the flu. Even healthy people can get the flu, but people with chronic illnesses, young children and older adults have a greater risk. Most people will recover within a few weeks— but some can develop complications, including sinus and ear infections, pneumonia, and heart or brain inflammations.

**MYTH: THE FLU VACCINE CAN GIVE ME THE FLU.**

**FACT:** The injected flu vaccine contains an inactivated virus that cannot give you influenza. If you feel achy or slightly feverish, it is a normal, short-lived reaction of the immune system to the vaccine.

**MYTH: THE INFLUENZA VACCINE CAN CAUSE SEVERE SIDE EFFECTS.**

**FACT:** The flu vaccine is proven to be safe. Severe side effects are extremely rare.

**MYTH: I HAVE HAD THE VACCINE AND STILL GOT THE FLU, SO IT DOESN'T WORK.**

**FACT:** Several flu viruses are circulating all the time. The vaccine is made to protect against three or four of the strains that research indicates are most likely to spread in the upcoming flu season. Some people may still get the flu, despite being vaccinated, because they are exposed to a different strain.

Source: *The World Health Organization*

## THANK YOU FOR CHOOSING BLUE!

Medicare's annual enrollment period is here, which means you may be seeing a lot of information out there that could be confusing. In uncertain times, one thing you can always count on is the security you get from your Blue Advantage plan. If you ever have any questions about your plan, please don't hesitate to call us at the number on the back of your ID card. We appreciate your trust in us to provide you with your healthcare coverage and look forward to serving you for many years to come.





Louisiana

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## Important Blue Advantage information

### TAKE STEPS TO FIGHT THE FLU

While COVID-19 has been on everyone's mind, it's important not to forget about flu season, which is right around the corner. The Centers for Disease Control and Prevention (CDC) recommends getting the shot before the end of October. Since it can take up to two weeks for your body to build up resistance after getting the vaccine, you don't want to delay and risk getting the flu before the protection of the shot kicks in.

Right now, it's more important than ever to avoid getting sick and weakening your defenses against the coronavirus. Getting a flu shot is just one way to help you, your family and your friends stay healthy, which also helps lessen the burden on healthcare resources.

As a Blue Advantage member, you can get your flu shot at a network pharmacy or from your

primary care provider (PCP) at no cost, so call today to get scheduled.

Plus, the flu shot counts as one of the activities to earn a \$25 gift card as part of the Member Rewards Program. Visit [bcbsla.healthmine.com/Rewards](https://bcbsla.healthmine.com/Rewards) or call **1-800-220-1504** for all the details.

