



Harvard Pilgrim
Health Care



Flu Prevention During Fall and Winter Virus Season

It's important to get routine checkups, screenings, and vaccinations — including the flu shot — to help keep you and your family well and help protect the community. And getting the latest flu shot each year can offer more defense to your immune system.

Doctors recommend everyone aged six months and older get a flu shot every year. It's especially important for people at high risk, including:

- Adults aged 65 and over
- Individuals with certain chronic conditions (such as asthma, diabetes, multiple sclerosis, or heart disease)
- Pregnant women
- Children aged four and under

➤ **Flu shots are available at no additional cost to Harvard Pilgrim members at a number of convenient locations. Bring your Harvard Pilgrim member ID card with you to ensure you get the coverage provided by your plan.**

Where to get a flu shot

Flu shots are available at many locations, including:

- Your primary care provider (PCP) or family pediatrician
- Participating MinuteClinics (MA, NH, ME, and RI locations only)
- Participating retail pharmacies in Harvard Pilgrim's pharmacy network (for example, CVS and Walgreens) for members aged three and older*
- Public and community-based clinics. In addition, your doctor's office, local schools, and other community centers may offer flu shots at no cost to you. You can take advantage of these events to protect yourself and your family too.

Call the provider or facility before you go to make sure the flu vaccine is available. Also, not all facilities provide flu shots to children so call ahead to confirm. And remember, flu shots are available at no additional cost to Harvard Pilgrim members at a number of convenient locations. Bring your Harvard Pilgrim member ID card with you to ensure you get the coverage provided by your plan.



As new vaccines for viruses such as COVID-19 and Respiratory Syncytial Virus (RSV) continue to become available, it's important to speak with your doctor to determine if these vaccines will benefit your health.

We recommend following the CDC guidelines on preventing seasonal flu. Visit [cdc.gov/flu/prevent](https://www.cdc.gov/flu/prevent) for vaccination information, preventive actions, and treatment.



To learn more, visit harvardpilgrim.org

*Pediatric administration where allowed by state regulations and/or pharmacy practices

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