

# plan talk

**Dedicated to helping Independence Blue Cross Medicare Advantage members get the most from their health plans**



## Beat the Flu: It Starts with You

The flu is a virus which causes outbreaks each year. Risk of flu-related symptoms increases as we age, so it's important to take as many precautions as you can before and during flu season.

### Why should you get a flu shot?

The flu vaccine is the most effective measure you can take to prevent and reduce the severity of the virus, according to the Centers for Disease Control and Prevention (CDC). Vaccinating early — ideally before October — gives your body time to develop virus-fighting antibodies before flu season is in full swing.

### What about COVID-19?

Fortunately, the same measures that help prevent the spread of COVID-19 — frequent and thorough handwashing, not touching your face, coughing and sneezing into a tissue or your elbow, avoiding close contact with people who are sick, and staying home if you're sick — also help to protect against spread of the flu.

### How should you navigate this flu season?

It's important to make sure you're getting the right care. If you start to feel ill, have a cough, a fever, body aches, and fatigue, you should contact your doctor within the first few days of developing these symptoms. They can help you figure out what type of care you need and how to get it.

*In good health,*

Dr. Heidi Syropoulos

## About the Author



Dr. Heidi Syropoulos joined Independence Blue Cross in 2015 after practicing Internal Medicine and Geriatrics for 30 years.

Dr. Heidi currently serves as a medical director. She is a subject matter expert on clinical medicine and health care delivery for the Medicare team.

## Get your flu shot!

The flu shot is a free preventive health care benefit that you can get at an in-network doctor's office or in-network pharmacy to avoid copays. These facilities are following social distancing guidelines and taking all the necessary precautions to keep you safe.



## Health and wellness or prevention information

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IBC9827 (7/20)

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