

Get Your Flu Vaccine

Protect yourself and others from the flu

Sutter Health Plan covers flu vaccines with no member cost share.

Seasonal influenza is a highly contagious respiratory illness that spreads through coughing, sneezing or contact with contaminated surfaces. The best way to protect yourself and others is by getting a flu vaccine each year, ideally between September and November.

The California Department of Public Health (CDPH) recommends flu shots for everyone 6 months and older. The vaccine is safe for pregnant people and helps protect their babies through shared antibodies.

Adults age 65 and older, and those who've had an organ transplant, are encouraged to get a high-dose flu vaccine, as they offer stronger protection.

While the flu shot doesn't guarantee you won't get the flu, it can help prevent serious complications and hospitalization.

For more information and resources about the flu, please visit **sutterhealth.org/flu**.



For your convenience, flu vaccines are available at the following locations at no cost to you:*

Flu vaccine clinic

For members 6 months and older, schedule an appointment through My Health Online at **mho.sutterhealth.org** or by calling **800-4SUTTER**.

Network pharmacies

Please call ahead to check for availability and ask if you need to schedule an appointment. To find a network pharmacy near you, visit **info.caremark.com/oe/sutterhealthplan**.

Primary care physician offices

Receive your flu vaccine during a scheduled appointment for another reason at your doctor's office.

Please show your Sutter Health Plan ID card at the time of service.

* Office visit copay may still apply; the flu vaccine is covered at no cost.



Customer Service **855-315-5800**
Visit **sutterhealthplan.org**