



All adults need the FLU shot every year. The FLU shot is the best way to guard you and your family from the FLU. For most, the FLU can be a mild illness, but some adults are at high risk for severe illness, hospitalization, or even death.

**Adults at High Risk:**

- Pregnant Women
- Residents of nursing homes and other long-term care facilities
- People who have medical conditions:
  - Asthma
  - Neurological conditions
  - Chronic lung disease
  - Heart disease
  - Blood disorders
  - Diabetes
  - Kidney disorders
  - Liver disorders
  - Weakened immune system due to disease or medication such as HIV or AIDS or Cancer
  - Extreme overweight

Call your doctor to get a FLU shot. FLU shots are also offered at most retail pharmacies in our network. Check the Pharmacy Locator for a pharmacy near you. It is posted on our health plan website [www.aetnabetterhealth.com/illinois](http://www.aetnabetterhealth.com/illinois) under 'Find a Provider/Pharmacy'. The pharmacy network changes monthly and yearly so check back often. Make sure your local pharmacy is giving FLU shots before you go. For more information, contact member services and ask for your care manager: 1-866-600-2139 (TTY:711) 24 hours a day, 7 days a week. The call is free.

Click here for more information: Centers for Disease Control and Prevention  
[https://www.cdc.gov/flu/protect/whoshouldvax.htm?s\\_cid=seasonalflu-bb-044](https://www.cdc.gov/flu/protect/whoshouldvax.htm?s_cid=seasonalflu-bb-044)