



Kansas City

# Outsmart the Flu

## Get a \$0 Flu Vaccine<sup>1</sup>

Your Blue KC health plan covers the cost of the flu vaccine at 100% when you get it from an in-network provider, such as your primary care provider (PCP) or a retail health clinic.

### Find a provider in your neighborhood

Visit [MyBlueKC.com](https://mybluekc.com) and click Find Care in the left column.

### Visit a Spira Care Center for a no-appointment flu shot

Available to Blue KC members in plans with exclusive access to [Spira Care Centers](#).<sup>2</sup>

## GET TO KNOW THE FLU

Adults 65 and older and people with heart and lung disease are at a greater risk<sup>3</sup> of flu complications. Conditions include, but are not limited to:

### Lung Disease

People with asthma or chronic obstructive pulmonary disease are at a greater risk of being hospitalized with flu complications.

### Heart Disease

People with conditions like congestive heart failure may have up to a six-time higher risk of having a heart attack within a week of a confirmed flu infection.



## The Flu is Sneaky

It spreads before you have symptoms.

It masks itself from the immune system.

It can start as a tickle in the throat and develop into body aches, fever, cough, sore throat, runny/stuffy nose, headache, and fatigue.

A sick person can spread the flu by sneezing, coughing, even breathing.

The mucus in your nose—where the flu virus typically invades—can protect you from the flu. Mucus is healthiest when you're hydrated, so drink up this flu season.

The flu virus can live 48 hours on hard, nonporous surfaces and 12 hours on soft surfaces. So wash or sanitize all surfaces that come in contact with an infected person.

<sup>1</sup> When administered by an in-network provider or retail health clinic or a Spira Care Center (for Blue KC Members with exclusive access to Spira Care Centers).

<sup>2</sup> For costs and further details of the coverage, including exclusions, any reductions or limitations and the terms under which the policy may be continued in force, contact your Blue KC representative.

<sup>3</sup> [Flu & People with Asthma, Flu](#) | [People with Heart Disease or History of Stroke](#)