

Get your flu shot today!

It's quick and convenient — and more important than ever during the COVID-19 pandemic.



During the 2018-2019 flu season, **the flu vaccine prevented an estimated 4.4 million flu illnesses, 58,000 hospitalizations, and 3,500 flu deaths**, according to CDC research¹.

With the spread of COVID-19 during flu season, it's especially important to get a flu shot this fall. The flu vaccine is both safe and effective — you'll not only protect yourself and your loved ones, you'll also help slow the spread of the flu in your community and save health care resources that are needed in the fight against COVID-19.



Who should get the flu shot?

The CDC recommends that everyone age 6 months and older should get an annual flu shot². Talk with your health care provider if you have any questions or concerns.



When should you get a flu shot?

The CDC recommends getting the flu shot as soon as possible. Flu season typically begins in October².



Healthy workplace, healthy community.

Organizations are doing everything they can to make workplaces safer for employees. You can do your part to help the community, especially high-risk populations, by getting your annual flu shot.

Three ways to quickly and conveniently get your flu shot:

1. On the go:

Visit your local pharmacy while you're running errands. (CVS, Walgreens, Rite Aid, Walmart or any other retail pharmacy that accepts Cigna.)

2. At your health care provider:

Schedule an appointment, or if you have an annual physical or PCP visit coming up soon, be sure to request your flu shot at that time.

3. At work:

If your employer has set up an Onsite flu clinic or if you have an Onsite Center at your location, take advantage. Simply show your ID card when you request your flu shot.



Your health plan may cover up to **100% of the cost³** of a flu shot when you show your ID card.

Together, all the way.®



1. Centers for Disease Control and Prevention, "Key Facts About Seasonal Flu Vaccine". September 11, 2020. <https://www.cdc.gov/flu/prevent/keyfacts.htm>
2. Centers for Disease Control and Prevention, "Who Needs a Flu Vaccine and When". September 14, 2020. <https://www.cdc.gov/flu/prevent/vaccinations.htm>
3. Check your plan for details.