



KEEP YOUR
HEALTH
— ON TRACK —

**DON'T FORGET
YOUR FLU SHOT!**

You can ask for one during your next primary care visit

The Centers for Disease Control (CDC) recommends most people aged 6 months and older be vaccinated for the flu, every year. Ask your primary care provider about the flu shot. They can tell you which type is best for you and your family.

Many local pharmacies offer the flu shot. If you get your flu shot at a network pharmacy, please let your doctor know at your next visit or with a MyChart message.

If you receive your flu shot at your doctor's office, your provider should bill US Family Health Plan directly.

If you pay cash, please send your receipt to Member Services for reimbursement:

US Family Health Plan
Member Services
1200 12th Ave S, Quarters 8/9
Seattle, WA 98144

For more information, call Member Services at
1.800.585.5883, Option 2

