

BE SMART

ABOUT YOUR HEALTH.



To stay healthy during cold and flu season, prevention and protection are your best bet.

Did you know you can reduce your chances of getting the flu by up to 80 percent by getting a flu shot?

That's why our BlueOptions plans cover flu shots as a wellness benefit.*

Simple things like staying home when you are sick, avoiding close contact with those who are sick and washing your hands frequently can help reduce the spread of the flu virus.

Helping you stay healthy is part of our mission at Blue Cross and Blue Shield of Florida. For more health information, visit www.bcbsfl.com.



**BlueCross BlueShield
of Florida**

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*These plans have limitations and exclusions. Amount of benefits provided depends on the plan selected.

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HOW CAN BLUE HELP YOU?