

### **Member On-Hold Message -- Cold and Flu**

Cold and flu season is here. You can lower your family's risk of getting sick this winter with a flu shot. Getting a flu shot each year is the best way to prevent the flu. We cover an annual flu shot for members. You should also wash your hands often with soap and water. This can help stop the spread of germs. For more information about colds and flu or any other health topic, call CareSource24<sup>®</sup>, your 24-hour Nurse Advice Line at 1-844-206-5947 (TTY: 1-800-743-3333 or 711).

IN-MMED-0209; Date Issued: 1/1/2017

OMPP Approved: 11/28/2016