

August 31, 2017

## Don't get the flu. Get the flu shot.

**As of September 1, members can get a flu shot at no cost — no appointment needed—at any of our Kaiser Permanente medical centers, any time we're open.**

Please let your employees, who are Kaiser Permanente members, know about the availability of the flu shot.

Knowing the facts about the flu can save lives.

- The flu is serious. Everyone is at risk, even very healthy people.
- The flu shot is the best protection against the flu virus.
- Everyone 6 months and older needs to get a flu shot every year.
- The flu changes every year. This year's vaccine was created to target this year's viruses.

If your employees need help finding the nearest Kaiser Permanente medical center, tell them to:

- Go to [kp.org/flu](http://kp.org/flu), or
- Contact Member Services at **800-777-7902**, Monday through Friday (except holidays), 7:30 a.m. to 5:30 p.m.

Encourage your employees to keep their health records up-to-date. Members who receive their flu shot outside of Kaiser Permanente can update their medical record by visiting [kp.org/questionnaire](http://kp.org/questionnaire).