

# Did you know?

If someone in your family has asthma, diabetes, a heart condition, or breathing condition, how much does getting a flu shot matter?

- does not matter
- just a little
- a lot

With your CDPHP health plan, how much does the flu shot cost?

- no cost
- just a little
- a lot

# Flu shot facts

1. Getting the flu can cause a health crisis for kids and adults with long-term conditions.
2. The flu shot does not cause the flu. It does not contain a live flu germ. The shot helps prevent the flu and protect against serious health problems.
3. It's easy to get the flu shot. Your health plan pays the cost, not you.

Call your doctor to see if the flu shot is right for your family.



## Questions?

Call us today.

Health Coach Connection<sup>SM</sup>  
**1-800-365-4180**

[www.cdphp.com/HealthCoachConnection](http://www.cdphp.com/HealthCoachConnection)



A plan for life.