**Medicare Outreach Idea of the Month**

**Flu Season is Here!**

**November 2021**

According to the CDC, the flu season is expected to be more severe this year, and the best way to prevent the flu is to get vaccinated. Use the article below to inform people in your community about this flu season and encourage them to get their flu shot. The CDC provides a wide variety of additional resources to help spread the word. These resources can be found in the [CDC.gov Flu Resource Center](https://www.cdc.gov/flu/resource-center/toolkit/index.htm) and include:

* A social media kit with sample posts and graphics;
* Videos;
* Print materials (flyers, posters, and fact sheets) in multiple languages;
* And more!

The vaccine can reduce the risk of flu illness, hospitalization and death.

According to the Centers for Disease Control and Prevention (CDC), flu vaccination is especially important for people 65 years and older because they are at high risk of developing serious complications from flu. Medicare Part B covers one flu shot per flu season. Beneficiaries pay nothing if the doctor or other qualified health care provider accepts Medicare assignment for giving the shot. People with Medicare Advantage Plans may need to use an in-network doctor or pharmacy. For more information about Medicare coverage of the flu shot visit [Medicare.gov/coverage/flu-shots](https://www.medicare.gov/coverage/flu-shots).

**To view all the GWAAR Medicare Outreach and Assistance Resources, follow the link to our webpage:**

<https://gwaar.org/medicare-outreach-and-assistance-resources>

By the GWAAR Medicare Outreach Team

**Take Action Now to Prevent the Flu!**

(For Reprint)

The flu season is upon us and now is the time to take action! Influenza, or the flu, is a contagious respiratory virus that can cause mild or severe illness, and in some cases can become life threatening. The best way to protect against contracting and spreading the seasonal flu is with the flu vaccine.

The Centers for Disease Control and Prevention (CDC) recommends that almost everyone 6 months of age and older get a seasonal flu vaccine each year, and for people 65 years and older it is especially important. Even healthy older adults are at higher risk of contracting the flu due to age-related weakening of the immune system, making it more difficult to fight off disease. And for those who may be managing a chronic condition, such as diabetes or heart disease, the flu can be even more dangerous as you may be more likely to develop complications or become hospitalized.

Flu season in the U.S. typically peaks between November and March, so it’s a good idea to get your shot early to prevent contracting or spreading the flu to others.

Make an appointment with your physician or visit your local clinic or drug store to receive the shot. Medicare Part B covers the cost of the flu vaccine once per flu season when it’s given by doctors or health care providers who accept Medicare. If you have a Medicare Advantage Plan, you may need to use an in-network doctor or pharmacy.

In addition to getting a flu shot, people 65 and older should take the same everyday precautions that the CDC recommends for everyone, including avoiding people who are sick, covering your cough and washing your hands often.

Don’t wait! Taking precautions now can protect you and your loved ones, so schedule your flu shot today.

More information about the preventive benefits covered by Medicare can be found in the *Medicare and You 2021* handbook or on the Medicare website at [www.medicare.gov](http://www.medicare.gov) .

For local assistance with Medicare or other benefits, contact <YOUR LOCAL CONTACT INFORMATION HERE>.