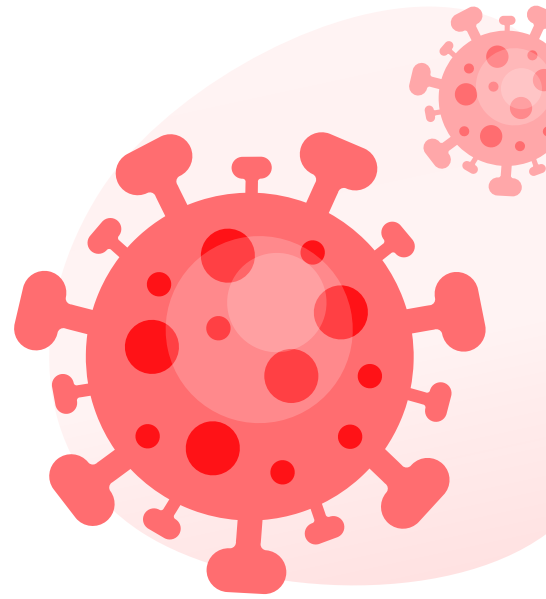


Protect Yourself from the Flu!

The flu affects millions of people each year and can lead to serious illness, or even death. The flu is caused by the influenza viruses that infect the lungs, throat, and nose. According to the Centers for Disease Control and Prevention (CDC), one of the best ways to prevent the flu is by getting vaccinated each year.



Get Your Flu Shot for Free!

Talend's plans cover flu shots provided in a clinical setting as a preventive care service at 100%, no member copay or deductible. In other words – the flu shot is free for you and any covered dependents! See below for more information on how to obtain your flu shot.

UHC Enrollees

You and your family can obtain a flu vaccine at one of UHC's participating pharmacies like Walgreens or CVS, at your in-network physician's office, or through an in-network medical group's flu clinic. Find participating pharmacies using the network provider search on UHC's website: <https://myuhc.com>

Kaiser Enrollees

You and your family can obtain a flu vaccine at a Kaiser facility or Kaiser flu clinic. Visit kp.org/flu for more information.

Questions? Please contact Vita Benefits Group at talend@vitamail.com.

Don't Know If You Should Get the Flu Vaccine?

Here Are a Few Items to Consider:

- Most people get better from the flu without problems, but the flu can be deadly. It can lead to serious health problems such as pneumonia, or it can make an existing disease worse. Every year, thousands of people end up in the hospital with other health problems from the flu.
- A flu vaccine may not always keep you from getting the seasonal flu, but it can make the symptoms milder and lower the risk of other health problems from the flu.
- The CDC recommends that everyone age 6 months and older should get a flu vaccine. But it's most important to get one if you're at high risk for other health problems from the flu. Those at high risk include young children, pregnant women, older adults, and people who have chronic diseases or weak immune systems.
- A few people may not be able to get a flu vaccine. If you have a severe allergy to any part of the vaccine, have had a serious reaction to the vaccine in the past, had Guillain-Barré syndrome, or are ill, be sure to tell the person who gives the vaccine.

