

Protect Yourself from the Flu!

The best way to protect yourself and your loved ones against the flu is to get a flu vaccine each year. Flu viruses are constantly changing, so vaccines may be updated from one season to the next. CDC recommends everyone six months and older get an annual flu vaccine. Most people may have the flu without any problems but having the vaccine may make the symptoms milder and lowers the risk of other health problems from the flu.

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! See below for more information on how to obtain your flu shot.

Anthem Enrollees

You and your family can obtain a flu vaccine at one of Anthem'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 Anthem's website: <https://www.anthem.com/ca>

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.

Learn more: Immunizations & Vaccines

Check-in with your healthcare provider to ensure you and your family are up to date with recommended immunizations and vaccines.

COVID 19

[CDC COVID Information](#)

CDC Immunization Schedule

[Recommended Child/Adolescent Immunizations](#)

[Recommended Adult Immunizations](#)

Travel*

[CDC Travel Recommendations](#)

*Please note most health insurance plans, do not cover the cost of travel related immunizations. Make sure to check with your health insurance carrier.

