

Fend off the Flu



Starting Oct. 1, you can receive your flu vaccination through the *Strive for Wellness*® Health Center

Appointment required - Monday, Tuesday, Thursday and Friday

Available to Anthem members age 18 and older

100% Vaccine Coverage

MCHCP covers the flu and other preventive vaccinations as recommended by the Advisory Committee for Immunization Practices (ACIP) of the Centers for Disease Control and Prevention.

To learn more, visit www.mchcp.org.

Ways to Fight back

- ▶ Get a flu vaccine.
- ▶ Wash your hands frequently.
- ▶ Cover your coughs & sneezes.
- ▶ Stay healthy with a balanced diet.
- ▶ Exercise & get plenty of sleep.
- ▶ If you use tobacco, QUIT.

Strive for Wellness® Health Center is located in Room 478 of the Harry S Truman Building.

For more information call 573-526-3175.



Walk-ins welcome —
Wednesdays (beginning Oct. 4)

**EVERY WEDNESDAY
IN OCTOBER AT THE**

***Strive for Wellness*® Health Center**