



Protecting Yourself from the Flu

Consider getting a flu shot this year, which can increase your chances of avoiding the flu.

Here's some information on where to get a flu shot and health screening, along with ways you can keep yourself and your family safe this season.

Getting a Flu Shot

If you are enrolled in a PayPal medical plan, you and your covered dependents can get a free flu shot and health screening at your doctor's office by showing your medical plan ID card.

- **United Healthcare (UHC):** Plan participants can get the flu shot at their doctor's office or local CVS pharmacy. Be sure to call ahead to confirm they have shots available and if appointments are needed. Learn more on the [UHC website](#).
- **Kaiser Permanente:** Flu shots are now available at many Kaiser locations. Kaiser is also offering the ability to receive a flu shot from several retail locations at no additional cost, including Costco, Albertsons, CVS, Safeway, Walgreens, Walmart and more. You can find the latest local flu vaccination information online on the [Kaiser website](#).

Flu Prevention Tips

- Protect yourself and others by wearing a mask while in public.
- Wash your hands frequently and use hand sanitizer.
- Avoid touching your eyes, nose, and mouth.
- Stay hydrated by drinking water and healthy fluids.
- Stay healthy by eating well, exercising regularly, and getting plenty of sleep.
- Cover your mouth and nose with a tissue while sneezing or coughing.

Questions

For additional information about getting a flu shot, please refer to paypalbenefits.com.