

CareHere!

It's WORTH a Shot.

Be Protected from the
Flu this Winter.



Valued Patients of CareHere,

All members of the MMIA Health Plan four years of age or older are eligible to receive flu shots at the Montana Health Center.

Flu shots are offered at NO cost to all those covered on the health plan including employees, spouses, children ages 4 and older, and retirees. Children ages 4 - 9 years old need two shots unless proof of flu vaccination in a previous year is provided.

Flu Shot Clinics
(By Appointment - Starting October 1st)

Helena Health Center
405 Saddle Drive
(406) 502-1355
Monday – Friday: 8:00 a.m. – 5:00 p.m.

Miles City Health Center
515 Main Street
(406) 234-0123
Wednesday: 1:00 p.m. - 5:00 p.m.
Friday: 1:00 p.m. - 4:30 p.m.

If you already have an existing appointment, please feel free to ask for your flu shot during your appointment and we would be happy to assist you.

Call 855.200.6822 or go online to www.CareHere.com to schedule your flu shot appointment today.

CareHere! Partners in Prevention Program

Why do I need a flu shot?

Influenza (“flu”) is a contagious disease that spreads around the United States every winter. The flu is caused by the influenza virus, and can be spread by coughing, sneezing, and close contact. Each year thousands of people in the United States die from the flu, and many more are hospitalized. The flu vaccine is the best protection we have from the flu and its complications, and it helps prevent spreading the disease from person to person.

When is the best time to get the flu shot?

The flu season begins in October and ends in May. So, if you receive the shot before the end of October, the immunity will protect for the season.

Can I get sick from the flu shot?

The vaccine is made from an inactivated virus that can't transmit infection. It takes a week or two to get protection from the vaccine. People assume that because they got sick after getting the vaccine, the shot caused their illness.

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