

# Flu Shots

**At The Montana Health Center**

**Be Protected From The Flu  
This Winter.**

- All members of the MMIA health plan that are 4 years of age or older are eligible to receive flu shots at the Montana Health Center.
- Flu shots at the Montana Health Center have no out of pocket cost to you.
- Participants can schedule an appointment for a flu shot at anytime if they are unavailable to attend a Saturday flu shot clinic. If you already have an existing appointment, please feel free to ask for your flu shot during your appointment.
- Call 406-502-1355 or 855-200-6822 or go online to schedule your flu shot appointment today.
- Clinic Hours:  
Monday – Friday 7:00 am – 6:00 pm  
Saturday 7:30 am – 4:30 pm
- Montana Health Center  
405 Saddle Drive  
406-502-1355  
[www.carehere.com](http://www.carehere.com)



- **Flu Shot Clinics At The Montana Health Center  
By Appointment  
7:30 am – 4:30 pm**

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**Saturday October 18<sup>th</sup>**  
**Saturday October 25<sup>th</sup>**  
**Saturday November 1<sup>st</sup>**  
**Saturday November 8<sup>th</sup>**  
**Saturday November 15<sup>th</sup>**  
**Saturday November 22<sup>nd</sup>**

#### 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. 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.