



Tired of being a **victim of flu** every year?

POLMED HAS THE SOLUTION. TOGETHER WE CAN FIGHT THE FLU!

Polmed's Preventative Care Benefits make provision for you and your registered dependants to be vaccinated each year.

At Polmed we want to make it easy and convenient for you to access the flu vaccine, which is why you have the option to get it at any Polmed network pharmacy or GP. All Polmed members and registered dependants are welcome.



WHO PAYS FOR THE VACCINE?

- It is paid from your Preventative Care Benefits and will not have an impact on your overall out-of-hospital benefits.



WHO SHOULD BE VACCINATED?

Everyone should get the flu vaccine, especially those at risk of complications if they contract flu:

- Children under the age of 5 years.
- Pregnant women – irrespective of the stage of pregnancy.
- The elderly (65 years and older).
- People with chronic conditions, including cardiac conditions and diabetes etc.
- Those with compromised (weakened) immune systems, including people living with HIV and AIDS.
- Obese individuals with a BMI >40 kg/m².



WHO SHOULD NOT BE VACCINATED?

- Infants under the age of 6 months.
- Those with a history of hypersensitivity to the vaccine.
- People who have an allergic reaction to eggs.

