

U.S. Owner-Associates: Fight the Flu with a Free Flu Shot

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First Data has made it is easy for you to protect yourself from the flu this season (and all your family members enrolled in a First Data medical plan) — and it's free to you (U.S. owner-associates only).

Visit your doctor's office, ask for the flu vaccine, and show them your medical ID card. You will pay nothing for your flu shot. The cost of the flu vaccine is covered at 100 percent—no cost to you. Or, stop by your local drug store offering flu vaccines, show your CVS/Caremark ID card, pay nothing, and walk out (CVS, Walgreens and most grocery stores offer the convenience of flu vaccines).

Every year, 5-20 percent of the U.S. population is hit with the flu resulting in 31.4 million office visits, more than 100 million lost workdays, and 200,000 hospitalizations. But, you can help prevent the likelihood of coming down with the flu this season by getting a free flu vaccination.

"Studies continue to show one of the most effective tools for combating the flu is to get a flu shot," said **Stephanie Pulverenti**, Head of Employee Benefits. "First Data is committed to protecting the health and well-being of owner-associates and all First Data medical and prescription drug plans offer you the opportunity to get a free vaccination.

Important Information about the Flu

Influenza (also known as the flu) is a highly contagious respiratory illness. Symptoms can be mild to severe and can even lead to death. People with the flu experience some or all of the below symptoms:

- Fever or feeling feverish or suffering from chills
- Cough
- Sore throat
- Runny/stuffy nose
- Body aches
- Headaches
- Fatigue
- Stomach issues such as vomiting or diarrhea (more common in children)

Visit the Centers for Disease Control and Prevention (CDC) website (<http://www.cdc.gov/flu/consumer/symptoms.htm>) for more information about the flu vaccine, symptoms, and how to protect yourself during flu season.
