

# Get Your Flu Vaccine

According to the CDC, Flu vaccinations reduce the risk of flu illness by up to 60% among the US population during flu seasons.



## Benefits of Flu Vaccinations\*

- ✔ Supports flu prevention
- ✔ Reduces the severity of illness for those hospitalized with flu
- ✔ Reduces the risk of flu-related hospitalizations
- ✔ Can be a helpful tool for people with certain chronic health conditions
- ✔ Reduces children's risk of life-threatening influenza

\*According to the CDC

## How to Book Your Vaccination:



### Walk-ins

Walk-ins are available for our patients on

**Monday - Friday during the hours of:**

9:30am - 11:30am and  
1:30pm - 4:30pm



### Office Visit

Flu vaccines can also be given during your scheduled office visit. Just inform the front desk upon your appointment arrival.



## Why Are Annual Exams Important?

### Early Detection of Health Issues

Exams can help detect and diagnose medical conditions or risk factors in their early stages, such as hypertension, diabetes, or certain cancers.

### Preventive Care and Vaccinations

Stay current with your vaccinations, immunizations, screenings, and counseling.

### Health Monitoring and Risk Assessment

Monitor your health status over time. Track changes in your vital signs, cholesterol levels, and other key metrics to help assess your risk for various health conditions.

### Establish a Relationship with Your Provider

Regular visits with your provider help establish a strong doctor-patient relationship. This rapport allows for open communication and allows you to work closely with your provider to make informed decisions about your healthcare.

## Schedule an Appointment Today

[La Grande Family Medicine](#)

