



Protect Yourself This Flu Season

Make a plan today to get your free flu shot. You have two options:

- **Visit your regular doctor or participating pharmacy.**
If you're covered under by a TreeHouse Foods medical plan, you and your covered family members can get a flu shot at no cost to you.
- **Get a flu shot voucher.**
If you are not enrolled in a TreeHouse Foods medical plan, contact your local HR representative for a voucher that you can redeem for a free flu shot at your local CVS pharmacy.