

**Email Message:** Hello, Patient Name

You have a new preventive care message from your doctor

Log in to My Health to view your message

**Suppress the To/From header.**

**Message title:** You are due for a recommended influenza vaccine

**Message body:**

Dear     Patient Name    

In order to protect your health and prevent hospitalization, it is important for you to receive an influenza vaccine every year before the “flu season” arrives.

Influenza can keep you away from work, can reduce your ability to care for yourself, and can spread to those around you. So even if you feel you are healthy, there are vulnerable people who you protect from influenza when you protect yourself with a vaccine. Sadly, influenza can result in a severe enough illness that every year in the U.S. we continue to have thousands of people who die from the infection and its complications.

The vaccine teaches your immune system how to protect you from influenza. You are best protected a couple of weeks after you have been vaccinated. For a brief time, while your immune system is learning how to protect you from the vaccine, you may experience some mild symptoms such as a sore arm, fever, headache or achiness. Those are normal responses to the vaccine and are a sign it is working. The vaccine cannot transmit the influenza virus to you. Only other people around you can do that.

You can receive influenza vaccines at Intermountain Medical Group Clinics, Community Pharmacies, Health Departments, and even some work places. Please make the time to get one; so you can live the healthiest life possible.

**Email Message:** Hello, Patient Name

You have a new preventive care message from your doctor

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**Message title:** It is not too late to get your recommended influenza vaccine

**Message body:**

Dear     Patient Name    

Now that the cold weather is here, we will start to see an increase in the numbers of influenza cases. Influenza is a serious viral infection that can cause complications such as pneumonia, and a greater rate of heart attacks and hospitalizations.

If you have not already received your influenza vaccine, please consider getting it now. It is important to protect yourself and those you care about before holiday gatherings when people can pass viruses to each other, along with their holiday cheer.

Influenza cases are most common from now through March. The vaccine teaches your immune system how to protect you from influenza. You are best protected a couple of weeks after you have been vaccinated. For a brief time, while your immune system is learning how to protect you from the vaccine, you may experience some mild symptoms such as a sore arm, fever, headache or achiness. Those are normal responses to the vaccine and are a sign it is working. The vaccine cannot transmit the influenza virus to you. Only other people around you can do that.

So if you haven't been vaccinated this season, please don't delay, and get your influenza vaccine now. You can receive influenza vaccines at Intermountain Medical Group Clinics, Community Pharmacies, and Health Departments.