

Stay Healthy this season

We are all hearing about both the regular seasonal flu and the more contagious **H1N1** flu.

Both versions of the flu can make you feel bad and the H1N1 flu can be more serious for young children, young adults and other friends and family with an existing sickness.

Here are the top three things you can do to prevent getting or spreading the flu:

1) Wash your hands often with soap and water or use a waterless hand sanitizer. This prevents spreading the germs that cause the flu and helps stop the flu from being spread to the whole family or household.

2) Cover your coughs. If you think you may be getting the flu or have been exposed to the flu and you have to cough, cover your cough in your sleeve or elbow, a tissue or a handkerchief. Why cough into your sleeve? Because this keeps the germs off your hands so you don't pass them on to someone else.

3) If you think you have the flu, stay home to rest and recover. Don't go to work or school where the flu can be spread to more people.

*Affordable Health Coverage
for Wayne County.*

866-780-6655

Web: www.waynecountyfourstar.org

Know any students?

Do they know that an average Emergency Room visit in Southeast Michigan now costs more than \$500?



If they were a Four Star “Student Edition” member, their out of pocket cost would only be \$50*

Wayne County Four Star Health has created a “**Student Edition**” to offer low cost full featured health coverage to students between 18 and 64 years old.

If the student lives in Wayne County and is enrolled in at least 6 credit hours or equivalent in an area school - and makes less than \$30,000 a year they qualify.

Whether they are back at school for a new career - or right out of high school - Wayne County Four Star Health can help everyone worry less. It's perfect for older students that are coping without coverage or younger students no longer covered by a parent.

The same great Four Star coverage - for only \$96 per month per student and the Four Star fund will match it with an additional \$96 - totaling \$192.

Wayne County
Four Star
STUDENT EDITION
Detroit Medical Center • Henry Ford Health System
St John Health • Oakwood Healthcare System **HEALTH**

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*limitation of \$1,000 per ER visit applies.