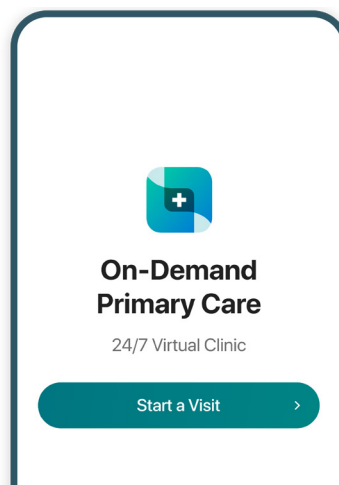




## Cold or flu? Your symptoms might not be able to tell you.

From sneezing to aches and fever, cold weather sniffles can be tough to diagnose yourself. But the earlier you determine if you have a common cold, the flu or COVID-19, the faster you can feel better.

**Other symptoms catching your attention? When you're not feeling your best in body or mind, connect with a 98point6 physician, therapist or coach for the primary care and behavioral health support you need.**



**Fight off winter illnesses in 1-2-3.**

### **1 Get your flu shot.**

The sooner the better—ideally September/October—but it's never too late to protect yourself from the flu.

### **2 Stay home.**

When you're feeling unwell, stay away from others to limit the spread and avoid exposing yourself to more germs.

### **3 Act fast.**

Don't worry or wonder about your symptoms. Start a 98point6 visit and get a diagnosis and treatment recommendations within minutes. You can even get lab orders and prescription refills when necessary.

**Get care and answers when you need them without leaving your couch.**

Download the 98point6 app from the App Store or Google Play and get started in 90 seconds or less.

