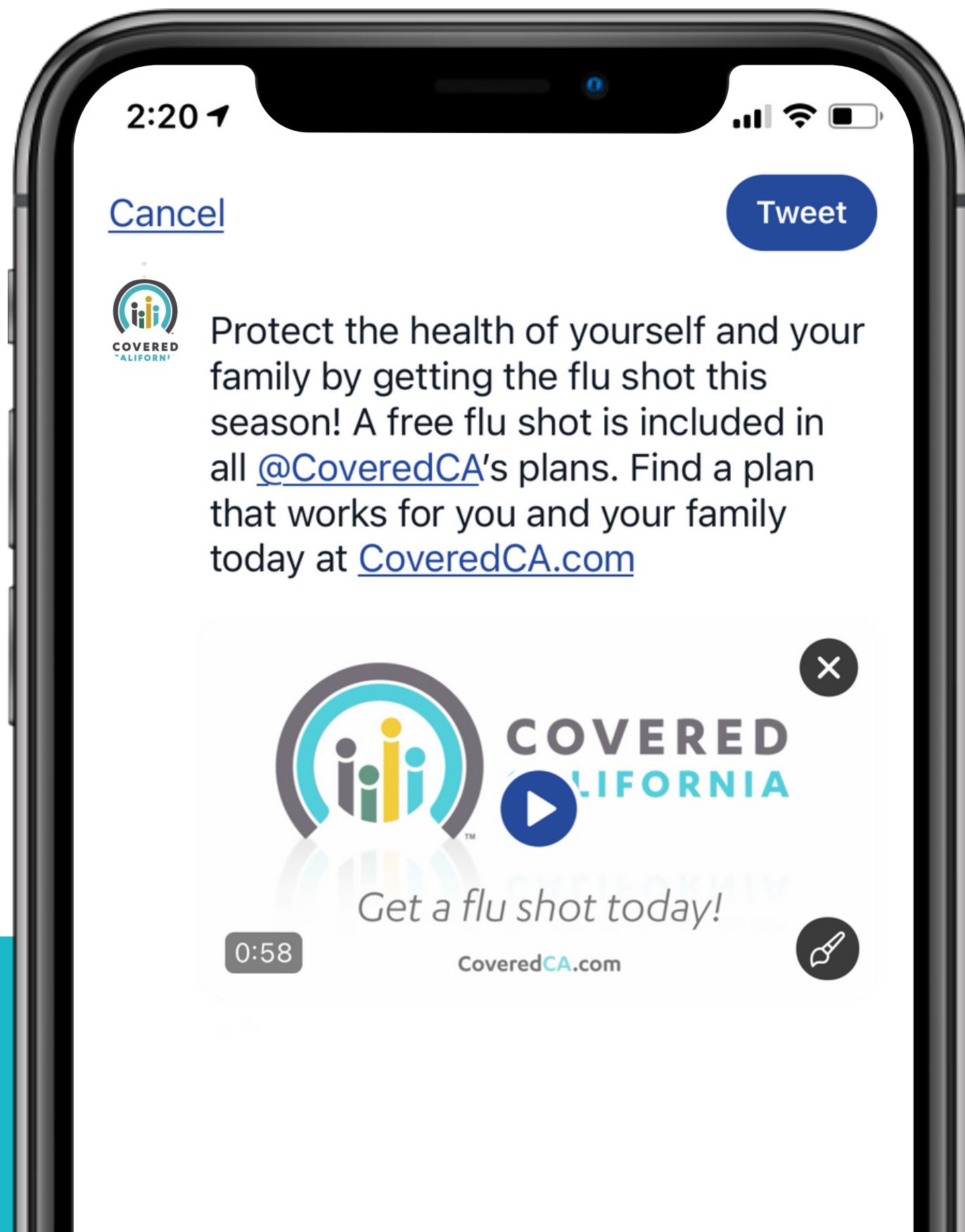


# How-To Instructions

- Below are sample social media posts that can be copied and pasted to Facebook, Instagram and Twitter.
- You can also customize the post, such as adding any other relevant details for your region.
- Make sure to tag @CoveredCA!
- Each post includes a video or image asset. Download the video or image by clicking the download link for each post and attach it to your post.
- Share!



# Post #1



1. COPY AND PASTE THIS MESSAGE and tag @CoveredCA (as written in the message):

Protect the health of yourself and your family by getting the flu shot this season! A free flu shot is included in all @CoveredCA's plans. Find a plan that works for you and your family today at CoveredCA.com.

2. On a desktop computer, click this link:

<https://vimeo.com/480536657/7c958b7c29>

3. When the video shows, click the gray "Download" button below the video to download it. When the white screen pops up, click "Original Size." This will download the video to your computer.

4. Attach video to your post.

5. Share!

GET COVERED TODAY



1. COPY AND PASTE THIS MESSAGE and tag @CoveredCA (as written in the message):

Because of COVID-19, it's more important now than ever to protect yourself and your family from the flu. That's why all @CoveredCA health insurance plans include a free flu shot! Be sure to get yours today. Learn more at CoveredCA.com.

2. On a desktop computer, click this link:

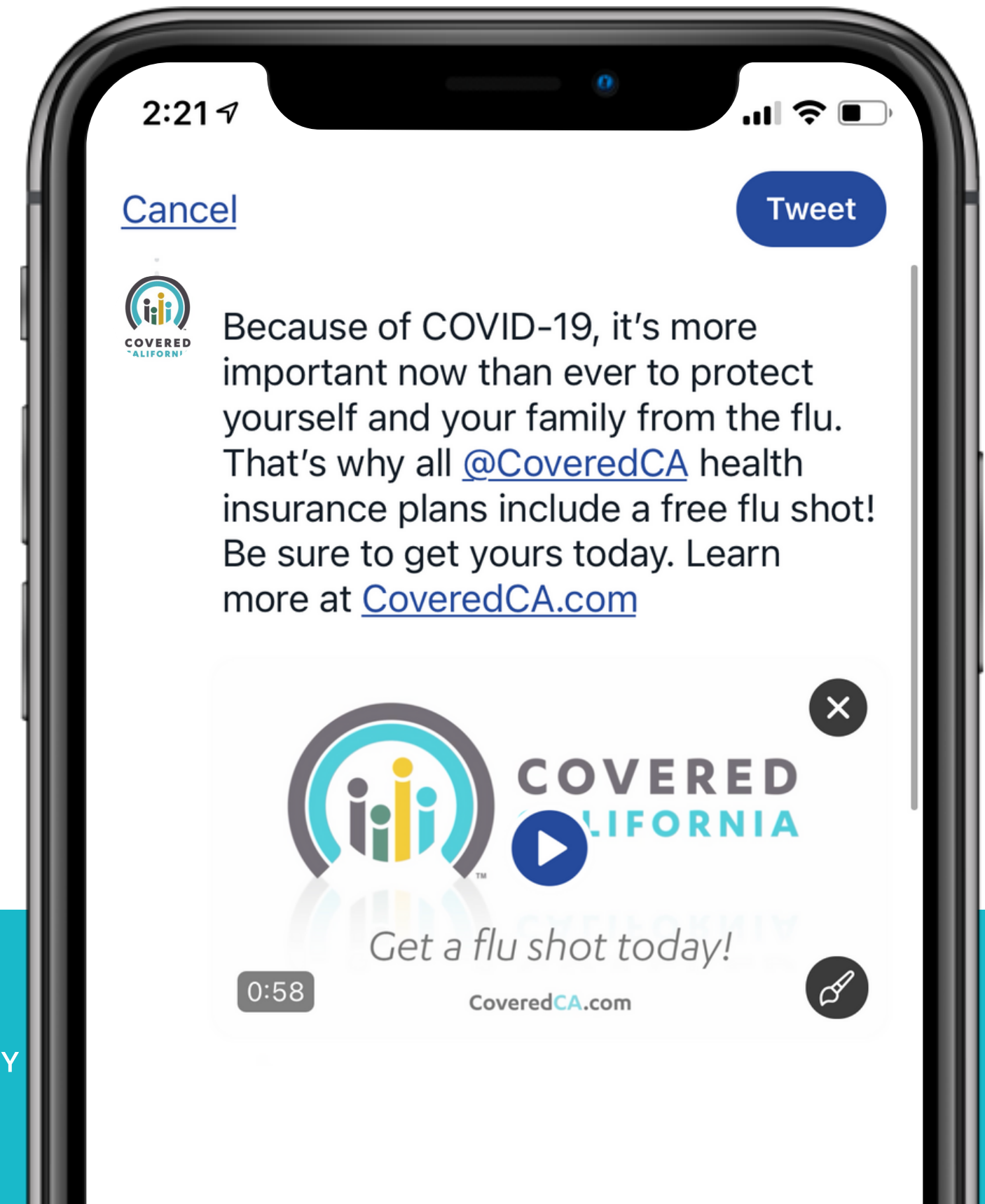
<https://vimeo.com/480536657/7c958b7c29>

3. When the video shows, click the gray "Download" button below the video to download it. When the white screen pops up, click "Original Size." This will download the video to your computer.

4. Attach video to your post.

5. Share!

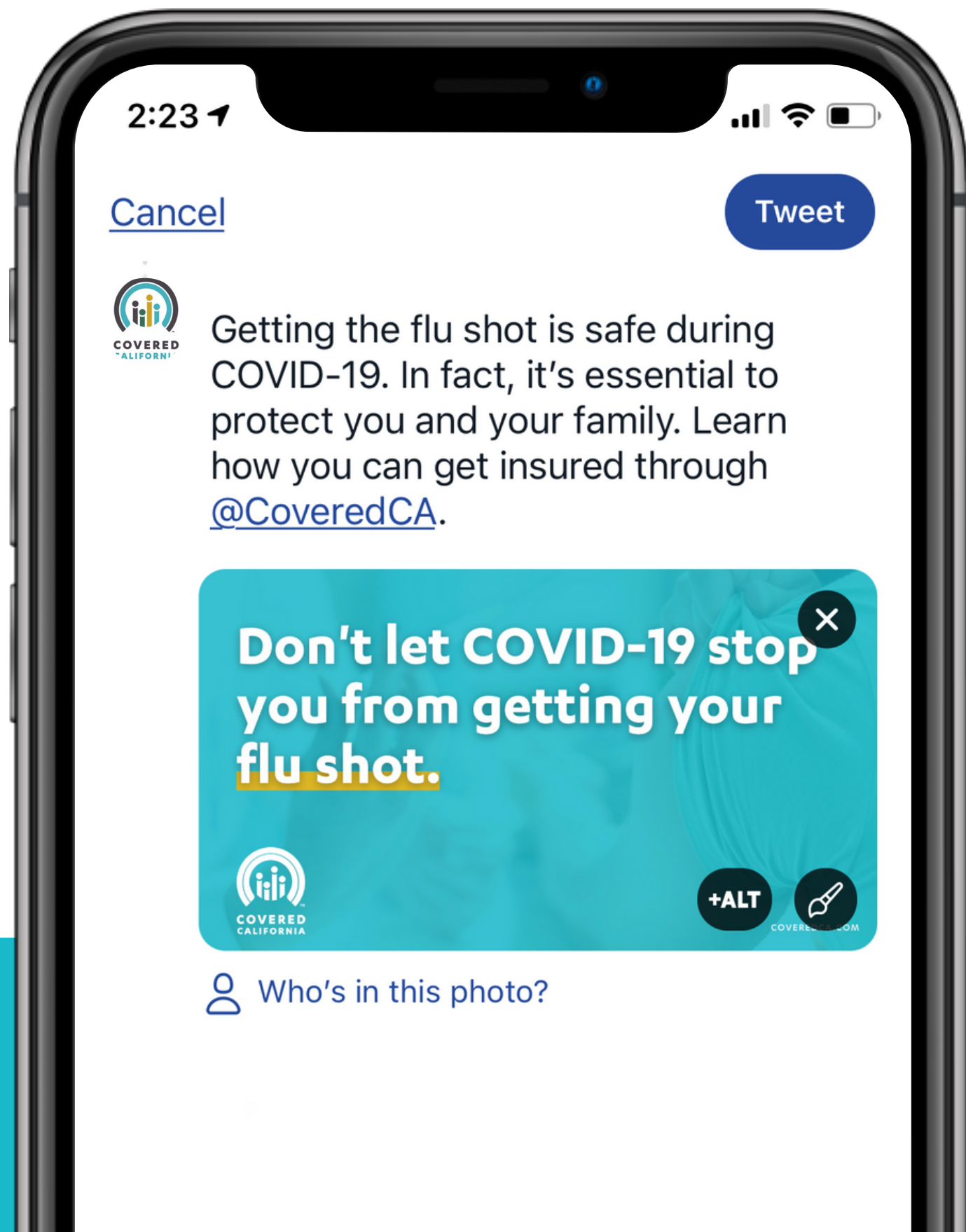
## Post #2



GET COVERED TODAY



# Post #3



1. COPY AND PASTE THIS MESSAGE and tag @CoveredCA (as written in the message):

Getting the flu shot is safe during COVID-19. In fact, it's essential to protect you and your family. Learn how you can get insured through @CoveredCA.

2. [DOWNLOAD FOR FACEBOOK/INSTAGRAM](#)  
[DOWNLOAD FOR TWITTER](#)

3. Attach the image to your post.

4. Share!

GET COVERED TODAY



1. COPY AND PASTE THIS MESSAGE and tag @CoveredCA (as written in the message):

Did you know you can get a free flu shot through all @CoveredCA health insurance plans? Learn more and find a plan with financial help that works for you today: CoveredCA.com.

2. [DOWNLOAD FOR FACEBOOK/INSTAGRAM](#)  
[DOWNLOAD FOR TWITTER](#)

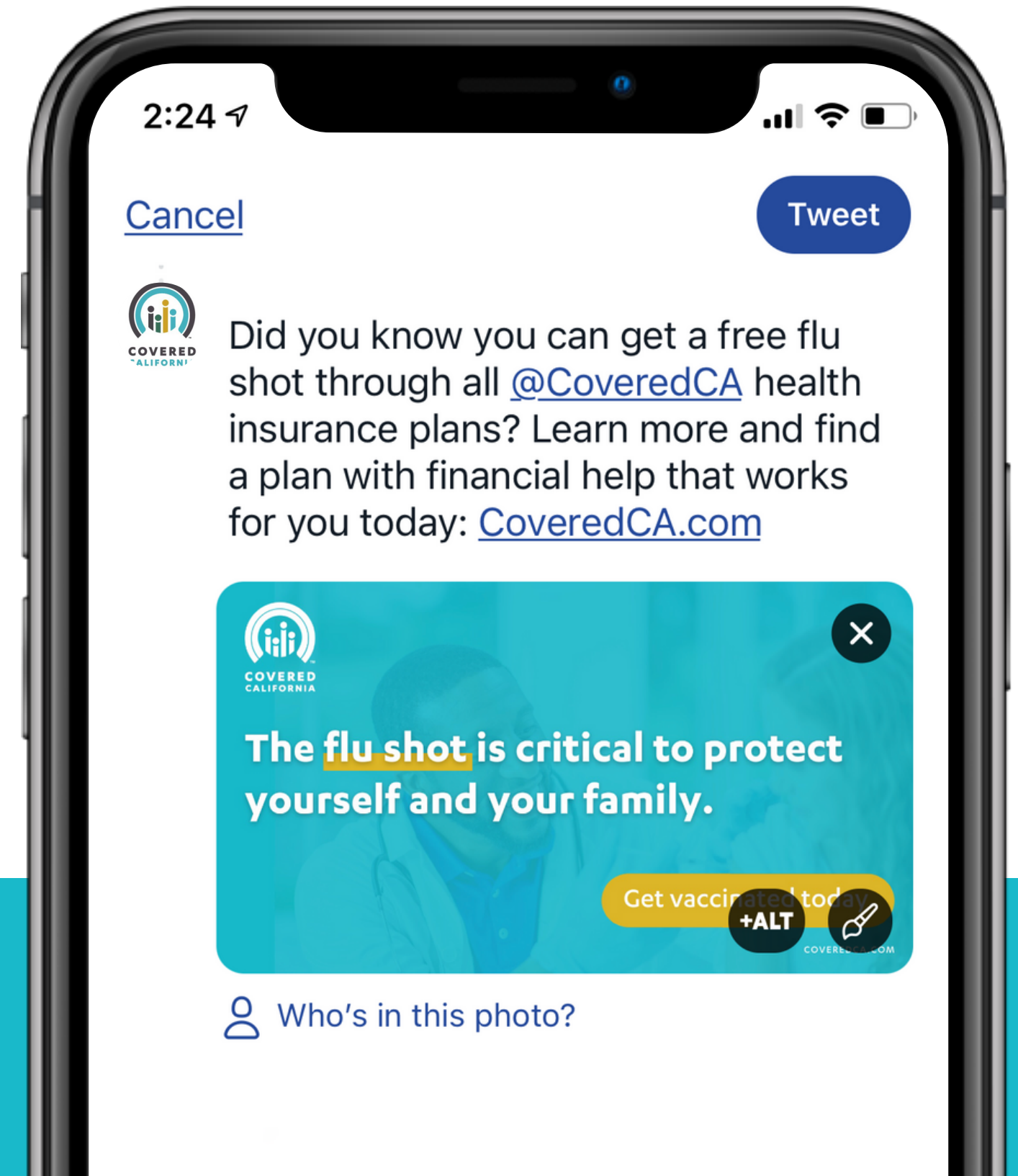
3. Attach the image to your post.

4. Share!

# Post #4



GET COVERED TODAY





**COVERED  
CALIFORNIA**