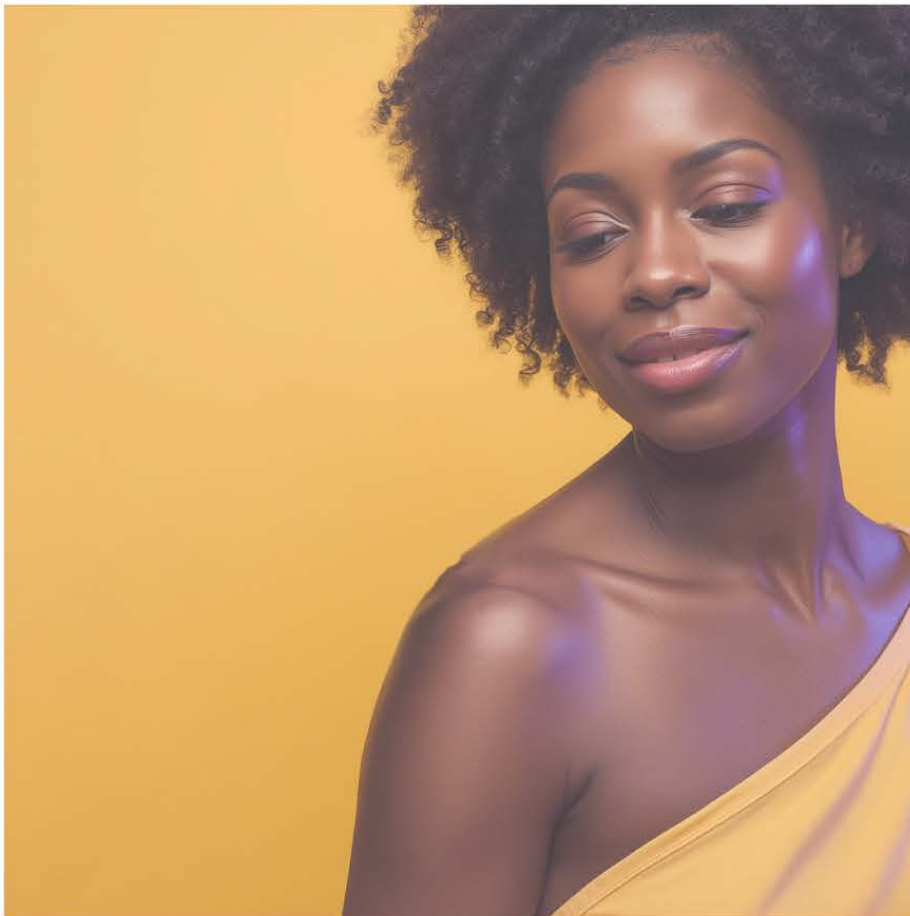




Flu Shot: Your Health Advocacy Guide

mRNA Flu Shot for Adults 50+



**Empowering women to advocate for
themselves using the ROOT Framework**



Dear Violets,

Before you begin your self-advocacy conversation, please read this medical disclaimer. The information in this Violet Sheet and the ROOT Framework is for educational and self-advocacy purposes only. It is designed to help you organize questions, track observations, and have stronger conversations with your healthcare team. This content does not provide medical advice, diagnosis, or treatment. Always seek the guidance of a licensed healthcare provider with questions about your personal health. Never disregard professional medical advice or delay seeking care because of something you read in this guide. If you think you may have a medical emergency, call your doctor or 911 immediately.

R - REVEAL: What's Going On

Focus: Awareness, flu history, and decision context

NAME

DATE

SELECT ANY EXPERIENCES, QUESTIONS, OR CONCERNS THAT APPLY:

- | | |
|---|---|
| ☐ I usually get a traditional flu shot | ☐ I want to know what is best for adults 50+ |
| ☐ I am hearing about the new mRNA flu shot | ☐ I feel unsure and want clear information |
| ☐ I want to compare my options | ☐ I do not want to feel rushed into a decision |
| ☐ I have had side effects before | ☐ Other concern |
| ☐ I have ongoing health conditions | |

DESCRIBE ANY PATTERNS, PAST FLU SHOT EXPERIENCES, OR TIMELINES YOU'VE NOTICED:

O - OFFER: Your Observations

Focus: Putting your experience into words

IN YOUR OWN WORDS, DESCRIBE YOUR HEALTH HISTORY, PRIOR FLU SHOT EXPERIENCE, AND ANY CONCERNS:



LIST QUESTIONS YOU WANT TO ASK YOUR PROVIDER ABOUT mRNA FLU SHOTS OR TRADITIONAL FLU



O - OUTLINE: What You Need

Focus: Defining what support and information you want today

SELECT THE INFORMATION OR SUPPORT YOU NEED FROM YOUR PROVIDER TODAY:

- ☐ How the mRNA flu shot works
- ☐ Reasons to choose one option over another
- ☐ How it compares with the traditional flu shot
- ☐ What to watch for after vaccination
- ☐ Possible side effects
- ☐ Help making an informed decision
- ☐ Whether it fits my health history
- ☐ Other
- ☐ Best timing for this season's flu shot

WHAT DOES SUPPORT OR SUCCESS LOOK LIKE FOR YOU TODAY?

T - TAKE NOTE: & Follow-Up

Focus: Turning advocacy into action

WHAT DID YOUR PROVIDER SAY ABOUT YOUR OPTIONS, SIDE EFFECTS, AND CARE PLAN?

WHAT ARE YOUR FOLLOW-UP ACTIONS? (NEXT VISIT, QUESTIONS, RESOURCES, DECISION, TIMING)

ANY ADDITIONAL QUESTIONS OR CONCERNS FOR NEXT TIME?

Sample Advocacy Script

I've been hearing about the new mRNA flu shot for adults 50 and older, and I want to understand whether it is an option for me. Can you explain how it compares with the traditional flu shot I've had before, what side effects I should know about, and whether there is a reason one option may fit my health history better?