

Stay Healthy and Stop the Flu in its Tracks

Now is the best time to protect you and your family from this year's flu viruses



While your attention may be focused on COVID-19 this year, it's also important to protect yourself from the flu. Getting the flu can slow you down, and it can also lead to more serious health complications. An annual seasonal flu vaccine is the best way to reduce your risk.

Why should you get vaccinated?

Besides staying healthy, here are two more reasons to get your flu shot today:

- **It's convenient.** Flu shots are available through any in-network pharmacy or from your primary care provider (PCP). To receive the vaccine, call an in-network pharmacy in your neighborhood or make an appointment with your PCP today.
- **It's covered.** Like all preventive services, your healthcare plan covers flu shots at no cost to you.

Protect yourself

The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits like covering your cough and washing your hands can also help stop the spread of germs and prevent respiratory illnesses like the flu.

Find an in-network location

To find a provider or facility, log in to My Health Plan and use the Find a Provider tool found under the Resources & Tools tab. To locate an in-network pharmacy, click Prescription Drug Benefits under the Benefits & Coverage tab and follow the instructions to sign on to the Express Scripts website.

Note: You will still pay the office visit copayment per visit for professional services of physicians and other healthcare professionals. Any procedure, injection, diagnostic service, laboratory or X-ray service done in conjunction with a routine examination, that is not included in the preventive listing of services, will be subject to the applicable member copayments, coinsurance and deductible. There is no copayment for vaccines received at an in-network pharmacy.