



MASSACHUSETTS

THIS YEAR'S FLU SHOT IS CRUCIAL

COVID-19 means getting your
flu shot is more important
this year than ever.



It will help keep you, your family, and community from getting sick. And it could keep you all out of the doctor's office at a time when so many others may need critical care. Plus, getting your shot is no-cost* and safe.¹

Myth: "The Flu Shot Will Make Me Sick"

Learn fact from fiction at bluecrossma.org/flu.

*CDC-recommended flu vaccines are covered in full when administered by an in-network provider. Exceptions may apply. Check your plan materials for details.
1. [cdc.gov/flu/prevent/vaccinesafety.htm](https://www.cdc.gov/flu/prevent/vaccinesafety.htm).

LET'S DO THIS!

HERE'S WHERE AND HOW TO GET YOUR SHOT

The flu vaccine is available at no additional cost from in-network providers like pharmacies, limited service clinics, and community health centers. You can also get the vaccine at no additional cost from your doctor if you have an upcoming appointment. Before getting the vaccine, call the provider to check availability.



WHERE TO GET YOUR FLU SHOT

If you have medical coverage, your flu shot will be available at no cost if you get it at one of these approved providers:

- Your In-network Primary Care Provider
- Limited Service Clinics (such as a MinuteClinic® at CVS)
- Urgent Care Centers
- Community Health Centers
- Public Access Clinics (available in some cities and towns, and may be available at no charge)
- Hospital Outpatient Departments
- Skilled Nursing Facilities, if you're in outpatient care, like physical or occupational therapy
- Home Health Care Providers (in your home, or at a flu clinic hosted by a home health care provider)
- Certified Nurse/Midwife's Office
- Physician Assistant's Office or Specialist Physician's Office
- Nurse Practitioner's Office

If you have pharmacy coverage, your flu shot will be available at no-cost if you get it at a pharmacy affiliated with Express Scripts® that offers vaccines.



HOW TO FIND A VACCINE PROVIDER

- To find a provider, visit vaccinefinder.org
- Verify that the provider is part of our network by signing in to MyBlue at bluecrossma.org, and using the Find a Doctor tool
- To see if a pharmacy is in our network, sign in to your MyBlue account and click Express Scripts® under **My Pharmacy** on the MyBlue home page
- If you need additional help, call Team Blue at **1-800-262-2583**



WHEN SHOULD I GET MY SHOT?

The CDC recommends getting a flu shot by the end of October, but any time is better than not at all. The flu vaccine is offered throughout the flu season, which usually peaks between December and February, but can last all the way through May.

HOW DO I STAY SAFE WHEN I GO FOR MY SHOT?

Here are some tips when heading out:

- Make an appointment ahead of time, if possible, to avoid a wait
- If the location doesn't take appointments, call and ask when slower times of day/week are—try to go then
- Wear a mask and maintain your social distancing practices throughout your visit
- Pharmacies inside big box retail chains and grocery stores, or local independent pharmacies, may be less busy than standalone pharmacies for flu shots

YOUR BEST SHOT AT AVOIDING THE FLU

To prevent getting sick, make the following steps part of your routine. Wear your mask when in public, too. The bonus? Some of these good habits also reduce risk of coronavirus. And be sure to stay at home if you think you might be sick to protect others!



GET YOUR
FLU SHOT



AVOID CLOSE
CONTACT IN
PUBLIC AND WITH
PEOPLE WHO
ARE SICK



WASH
YOUR HANDS
FREQUENTLY



AVOID
TOUCHING
YOUR EYES,
NOSE,
AND MOUTH



GET PLENTY
OF REST,
EXERCISE, FLUIDS,
AND GOOD
NUTRITION

JUST ABOUT EVERYONE 6 MONTHS AND OLDER SHOULD GET THE FLU SHOT

Talk to your doctor to see if it's right for you, especially if you're 65 or older, or have a chronic health condition.

Learn more at bluecrossma.org/flu.

IS IT COLD, FLU, OR COVID-19?

It's the question on everyone's mind: if you have a cough or feel achy, is it a cold, the flu, or something more? Seek advice immediately at the sign of any cold or flu-like symptoms.



CALL YOUR DOCTOR

Let them guide you to the treatment you need. Need to find a doctor, use our Find a Doctor tool at bluecrossma.org.



TALK TO A NURSE, 24/7

Not sure if you have the flu? Worried it might be COVID-19? Get a nurse's advice at no additional cost by calling **1-888-247-BLUE**.



VISIT THE CORONAVIRUS RESOURCE CENTER

Find information on how to access care safely during the pandemic at bluecrossma.org.



MASSACHUSETTS

Blue Cross Blue Shield of Massachusetts complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, or gender identity.

ATTENTION: If you don't speak English, language assistance services, free of charge, are available to you. Call Member Service at the number on your ID card (TTY: 711).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia con el idioma. Llame al número de Servicio al Cliente que figura en su tarjeta de identificación (TTY: 711).

ATENÇÃO: Se fala português, são-lhe disponibilizados gratuitamente serviços de assistência de idiomas. Telefone para os Serviços aos Membros, através do número no seu cartão ID (TTY: 711).