



MASSACHUSETTS

STOPPING THE FLU STARTS WITH YOU

Get your no-cost¹
flu shot!



If you haven't gotten your flu shot yet, now's the time. It will help protect you and everyone around you from getting sick, especially young children and older adults who are most at risk. The Centers for Disease Control and Prevention (CDC) says that it's safe,² effective, and can be given at the same time as the COVID-19 vaccine.³ Get your no-cost flu shot at a convenient location near you. We're in this together!

Myth:

“The flu is the same as a bad cold.”

Learn fact from fiction at bluecrossma.org/flu.

1. Flu vaccines recommended by the CDC are covered in full when administered by an in-network provider. Exceptions may apply. Check plan materials for details.
2. CDC, "Influenza (Flu) Vaccine Safety," August 25, 2022; cdc.gov/flu/prevent/vaccinesafety.htm.
3. CDC, "Getting a Flu Vaccine and a COVID-19 Vaccine at the Same Time," October 25, 2022; cdc.gov/flu/prevent/coadministration.htm.

WHERE 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 primary care provider (PCP) if you have an upcoming appointment. Before getting the vaccine, call your PCP to check availability.



Flu shot providers

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

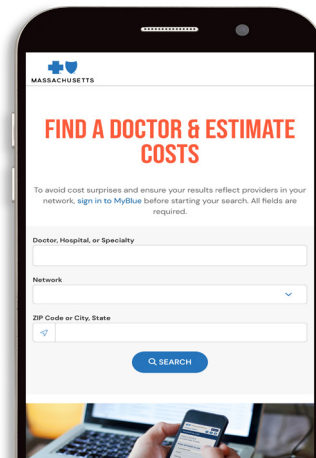
- Your in-network primary care provider
- Limited service clinics (such as a MinuteClinic® at CVS®)
- Urgent care centers
- Community health centers
- Public access clinics (available in some cities and towns and may be available at no charge)
- Hospital outpatient departments
- Skilled nursing facilities (for members 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'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 an in-network pharmacy that offers vaccines.



Find a flu shot provider near you

- Visit [vaccines.gov](https://www.vaccines.gov), and click **Find Flu Vaccines** at the top of the page.
- To verify the provider is in network, sign in to MyBlue, or create an account at bluecrossma.org and click **Find a Doctor & Estimate Costs**.
- 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, before the virus spreads. The flu shot is offered throughout the flu season, which usually peaks between December and February, but can last all the way through May. It's really never too late to get your shot!

Learn more at bluecrossma.org/flu.

TIPS FOR GETTING YOUR SHOT

- 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 the day/week are—try to go then.
- Pharmacies inside big box retail chains and grocery stores, or local independent pharmacies, may be less busy than standalone pharmacies.

YOUR BEST SHOT AT AVOIDING THE FLU

To prevent getting sick, make the following steps part of your routine. The bonus? Some of these good habits also reduce risk of COVID-19. And be sure to stay at home if you think you might be sick, to protect others!



Get your
flu shot



Avoid close contact
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 SIX MONTHS AND OLDER SHOULD GET THE FLU SHOT

If you're not feeling well or have a health condition, talk to your PCP before getting vaccinated.

Learn more at bluecrossma.org/flu.

IS IT COLD, FLU, OR COVID-19?

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 primary care provider

Let them guide you to the treatment you need. To find a PCP, 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 more information on COVID-19 at bcbsma.info/coronavirus.



WHAT SHOULD I DO IF I GET THE FLU?

If you experience symptoms like a fever of 102°F – 104°F, shortness of breath, muscle pain, or body aches, contact your PCP for guidance. Cold symptoms can be very similar, and your PCP can help determine what to do next.

Myth: “I’m in good health, so I don’t need a flu shot.”

Learn fact from fiction at bluecrossma.org/flu.

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).