



MASSACHUSETTS

# STOPPING THE FLU STARTS WITH YOU

## Get your no-cost<sup>1</sup> 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,<sup>2</sup> effective, and can be given at the same time as the COVID-19 vaccine.<sup>3</sup> Get your no-cost flu shot at a convenient location near you. We're in this together!



## WHERE TO GET YOUR SHOT



### Flu shot providers

- Your in-network primary care provider (PCP)
- Limited service clinics (such as a MinuteClinic<sup>®</sup> at CVS<sup>®</sup>)
- 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
- Pharmacies



### 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](https://www.bluecrossma.org) and click **Find a Doctor & Estimate Costs**.
- If you need additional help, call Team Blue at **1-800-262-2583**.

## Myth:

**“The flu is the same as a bad cold.”**

Learn fact from fiction at [bluecrossma.org/flu](https://www.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](https://www.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](https://www.cdc.gov/flu/prevent/coadministration.htm).

## YOUR BEST SHOT AT AVOIDING THE FLU

To prevent getting sick, make the following steps part of your routine:



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

## 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.



## LEARN MORE

Just about everyone six months and older should get the flu shot. If you aren't feeling well or have a health condition, talk to your PCP before getting vaccinated. Learn more about the flu and the flu shot at [bluecrossma.org/flu](https://bluecrossma.org/flu).



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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).