



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



LET'S DO THIS! HERE'S WHERE AND HOW TO GET YOUR SHOT



WHERE TO GET YOUR FLU SHOT

- 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 Physician's Office
- Nurse Practitioner's Office
- Pharmacies



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**

*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.

Myth: "The Flu Shot Will Make Me Sick"

Learn fact from fiction at bluecrossma.org/flu.

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 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

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



LEARN MORE

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 about the flu and the flu shot at bluecrossma.org/flu.



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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).