

Protect your health with the flu vaccine



Don't get caught without a flu shot

No one wants to face coming down with the flu. That's why it's important to get a flu shot to help avoid the illness altogether.

Flu shots can be helpful for most people. The Centers for Disease Control and Prevention suggests a yearly dose for those who:

- Are age 6 months through 18 years
- Are pregnant
- Are age 50 and older
- Have a chronic health condition, such as asthma, diabetes, or heart, kidney or lung disease
- Have a weakened immune system
- Live at a nursing home or other long-term care facility
- Are child-care or health care workers
- Live with or care for someone at high risk of flu complications, like a child with asthma



Use the Personal Health Manager's *My Care Profile* to keep track of shots, health screenings and other important health care records. This is one of the many helpful online resources through *Blue Access®* for Members.



**BlueCross BlueShield
of Illinois**

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Source: Mayo Foundation for Medical Education and Research;
Centers for Disease Control and Prevention

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Under our current Blue Cross and Blue Shield (BCBS) medical plan, members can visit any facility offering flu shots and either show their BCBS card (most venues such as Walgreen's accept Blue Cross Blue Shield and direct bill the insurance company) **or** pay out of pocket and complete a Blue Cross Blue Shield claim form in order to receive 100% reimbursement from Blue Cross Blue Shield. If you are not covered by the Company's medical plan and you have coverage under your spouse's or domestic partner's health plan, you should investigate how to get reimbursed for a flu shot since most employer plans must now cover wellness services such as flu shots at 100% under the new Federal health legislation.

If you have any questions regarding the reimbursement process, please call Blue Cross Blue Shield at 1-866-876-1989.