



MASSACHUSETTS

# LET'S BEAT FLU. AGAIN!

## Get your no-cost<sup>1</sup> flu shot!

If you haven't gotten your flu shot yet, now's the time. It's safe<sup>2</sup> and effective, and it will help protect you and everyone around you from getting sick, especially young children and the elderly who are the most at risk. All the work that we put in during the last flu season—record flu shots, hand-washing, social-distancing, and mask-wearing—really paid off, leading to the fewest flu cases ever. Let's keep this going!



## HERE'S WHERE TO GET YOUR SHOT



### WHERE TO GET YOUR FLU SHOT

- Your In-network Primary Care Provider
- 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 Physician's Office
- Nurse Practitioner's Office
- Pharmacies



### HOW TO FIND A VACCINE PROVIDER

- To find a provider, visit **vaccines.gov** and click **Find Flu Vaccines** at the top of the page.
- 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<sup>®</sup>** under **My Medications** on the MyBlue home page.
- If you need additional help, call Team Blue at **1-800-262-2583**.

## Myth: "The Flu Is Just a Bad Cold"

Learn fact from fiction at **bluecrossma.org/flu**.

1. Flu vaccines recommended by the Centers for Disease Control and Prevention (CDC) are covered in full when administered by an in-network provider. Exceptions may apply. Check plan materials for details.

2. Centers for Disease Control and Prevention, "Influenza (Flu) Vaccine Safety," August 26, 2021; [cdc.gov/flu/prevent/vaccinesafety.htm](https://cdc.gov/flu/prevent/vaccinesafety.htm).