Are You Ready for Flu Season?

Every year, thousands of people get the flu. You can help protect yourself by getting a flu shot.

Blue Cross and Blue Shield of Texas (BCBSTX) and your employer care about your health and wellness. So, we have joined together in helping you to be protected this flu season.

Flu vaccinations are available at participating pharmacies for BCBSTX members* and their covered dependents. To view a searchable list of participating pharmacies, visit bcbstx.com and log in to Blue Access for MembersSM. Click on the My Coverage tab, then on Prescription Drugs on the left, and then on Prime Therapeutics in the center. This will take you to the website of our pharmacy benefit manager. When you click on Retail Pharmacy Vaccine Administration Network, under News & Perspectives, you can search the list. You may also call Customer Service at the number on the back of your BCBSTX ID card for assistance finding a participating pharmacy convenient to you. Contact your selected location to find out hours during which vaccinations will be given and to make an appointment, if necessary.

When you visit any of these pharmacies to receive a flu shot, present your BCBSTX identification card to the pharmacist. This will identify you as a participant in the BCBSTX health care plan provided by your employer. The pharmacist will submit your claim and collect the appropriate copayment amount, if any.

Age limitations, advance registration or other requirements may apply. For your convenience, you are encouraged to contact your selected pharmacy in advance for complete details and to confirm that location’s participation.

Who should get a flu shot?
The Centers for Disease Control and Prevention recommends that all people 6 months of age and older get the flu vaccine. Getting a flu shot is especially important for people at higher risk of getting a severe flu, and those close to them. This includes people who work in health care and those who are around children younger than 6 months.

Unless your doctor advises, you should not get a flu shot if you*:
• have any life-threatening allergies, including a severe allergy to eggs
• have ever had a severe reaction to a flu shot
• have had Guillain-Barré syndrome
• are moderately or severely ill – talk to your doctor about whether you should reschedule

*Source: Centers for Disease Control and Prevention

*Applies to Blue Cross and Blue Shield of Texas (BCBSTX) members with prescription drug coverage that includes the flu vaccination benefit as part of the BCBSTX prescription drug coverage. If you are a member whose prescription drug coverage is not provided through BCBSTX or this benefit is not included in your employer’s plan, please contact your employer group benefits administrator for information about the availability of flu vaccinations through your health plan.