



## Get Ready for Flu Season with Blue Cross Blue Shield of MA (BCBSMA) Flu Clinics

The CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses.

It is hard to believe, but flu shot season is already here! If you and your family have Blue Cross Blue Shield of Massachusetts insurance, this is what you need to know about getting the flu shot this year.

- In most cases, there will be no cost for your flu shot. However, we encourage you to review your benefits or call Member Service to verify that this applies to your specific plan.
- You will be able to receive a flu shot from a wide-variety of Blue Cross approved providers (for a full list of options please see below).
- **You must bring your member ID card** with you when you get your flu shot.

### Where do I find an approved flu shot provider?

Blue Cross has partnered with a range of doctors, hospitals, and facilities to offer flu shots. Before receiving a flu shot, you should verify that you will have coverage at that location.

#### Flu shot providers include:

- Retail pharmacies - all pharmacies that participate with Express Scripts, Inc. – for members with pharmacy benefits (visit [www.express-scripts.com](http://www.express-scripts.com) to find participating pharmacies)
- Limited services clinics
- Urgent care centers
- Public-access clinics offered through many cities and towns
- Primary care provider’s office
- Nurse practitioner’s office
- Specialist’s office
- Certified nurse-midwife’s office
- Outpatient department of a hospital

### How to find information about specific providers?

Type of provider:	Location:	Website:
Pharmacy – for members with pharmacy benefits Coverage	Use Express Scripts, Inc.’s website	<a href="http://www.express-scripts.com">www.express-scripts.com</a>
Retail or public clinic	Use the Member Central Website	<a href="http://www.bluecrossma.com/member-central">www.bluecrossma.com/member-central</a>
Doctor, in or outside Massachusetts	Use the Find a Doctor feature	<a href="http://www.bluecrossma.com/findadoc-tor">www.bluecrossma.com/findadoc-tor</a>

### Flu Prevention Tips and Treatment Options

For information on preventing and treating the flu, visit [Blue Cross’s Member Central website](#).



**Please note:** FluMist (intranasal) is also covered, when made available by a participating health care provider.

For questions, please email Danielle Pepin at [danielle.pepin@hrknowledge.com](mailto:danielle.pepin@hrknowledge.com).

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