



**BlueCross BlueShield
of Illinois**



Flu Season Ahead

Who should get a flu shot and when?*

Everyone six months of age and older should get a flu shot every season (beginning in October through February). Call the Customer Service number on the back of your member ID card to check your benefits.

Who is at higher risk without a flu vaccination?

- Children younger than five years
- Adults 65 years and older
- Residents of nursing homes and other long-term care facilities
- Pregnant women
- People with chronic medical conditions such as diabetes, asthma or heart disease

Everyone with severe, life-threatening allergies to the flu vaccine or any of its ingredients should not receive a flu shot.

How can you help prevent the flu from spreading?

- Avoid close contact with others
- Stay home when you are sick
- Cover your mouth and nose when you cough or sneeze
- Wash your hands
- Get plenty of sleep
- Clean and disinfect frequently used surfaces
- Be physically active
- Manage your stress
- Drink plenty of fluids and eat nutritious food

What are the symptoms of flu?

- Coughing
- Headache
- Chest discomfort
- Muscle aches
- High fever that lasts a few days
- Weakness and fatigue

What should I do if I think I have the flu?

- Stay home for at least 24 hours after your fever is gone.
- Call your health care provider or our 24/7 Nurseline

Do I need to go to the emergency room (ER)?

Not usually. If you are not sure if you need to go to the ER, call our 24/7 Nurseline at 800-299-0274 or your health care provider.

* Centers for Disease Control and Prevention: About Flu [cdc.gov/flu/about/index.html](https://www.cdc.gov/flu/about/index.html)

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Under the current Publicis Blue Cross and Blue Shield (BCBS) medical plan, members can visit any PPO provider offering flu shots and show their BCBS card and receive a flu shot at no cost. Most providers (such as Walgreens) accept Blue Cross Blue Shield and direct bill the insurance company)

Additionally, please also note that many of the Minute Clinics located within local pharmacies or retail stores are in the PPO network. Be sure to ask the provider if they are in our PPO network before having the shot. If the provider or clinic facility is participating in the PPO network, they will bill BCBS directly you will receive the shot at no cost.

If you pay out of pocket for the flu shot (such as if the pharmacist administers the shot), you will then need to complete a Blue Cross Blue Shield Claim Form in order to receive 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.

Obtaining Flu Shots Using Your CVS prescription pharmacy benefits

Please note that you also have the option of using your CVS prescription pharmacy benefits to obtain flu shots for you and your family at no cost through participating CVS network pharmacies.

For details visit the Prescription Drug Plan page under the 'Health' tab of the Publicis Benefits Connection (PBC) site at www.publicisbenefitsconnection.com .