

IT'S FLU SEASON WE'VE GOT YOU COVERED



If you're thinking about getting a flu shot this year, you should know that the Centers for Disease Control and Prevention (CDC) recommends that everyone over 6 months of age should get one.

Of course, you'll want to talk to your doctor about getting a flu shot, but in the meantime, here are a few things you should know.

Tufts Health Plan covers flu shots*, and you can get one at many convenient locations:

- ▶ **Your doctor's office:** You pay no copay or deductible if your visit is just for a flu shot.
- ▶ **Town or school clinics:** Just show your Tufts Health Plan member ID card and you'll pay no copay. To find a flu shot clinic, contact your city or town administrator.
- ▶ **At worksite clinics operated by contracted vendors, including Maxim, The Wellness Company, and CVS/Caremark:** When you show your member ID card, you pay no copay or other cost.
- ▶ **Participating MinuteClinics within CVS/pharmacy locations in Massachusetts, Rhode Island, Connecticut, New York, and New Hampshire:** There is no charge when you show your member ID card and you don't need an appointment. Age restrictions may apply and vary by state.

- ▶ **Participating CVS/pharmacy locations in Massachusetts, Rhode Island, and New Hampshire:** There is no charge when you show your member ID card and you don't need an appointment. MA and RI locations can accept members 18+ and NH locations can accept members 9+ years of age, per state regulations.

- ▶ **Participating pharmacies within the Caremark network:** This expanded network is for members who receive their pharmacy benefit through Tufts Health Plan.

Please contact participating flu clinics before attending to check on scheduling, flu shot availability, and to confirm that they accept Tufts Health Plan.

*Administration of the seasonal vaccine is covered for members of all Tufts Health Plan commercial products and for Tufts Medicare Preferred HMO members, regardless of where you receive the vaccine.

For most plans, there is no cost to you and a copayment/deductible does not apply. If you pay out-of-pocket for the flu vaccine, you can submit for reimbursement from Tufts Health Plan. If you are unsure whether your plan covers flu shots in full and where you can get a flu shot, please call Member Services at the number on your Tufts Health Plan member ID card.