



**Flu season is here once again, and your State health plans are partnering with local pharmacies to give you a free flu shot!**

The flu is a contagious illness caused by influenza viruses that infect the lungs, throat and nose. The flu affects millions of people each year and can lead to serious illness, or even death. According to the Center for Disease Control and Prevention (CDC), the best way to prevent the flu is by getting vaccinated each year.

**Flu shots are covered at 100% by your medical plan as part of your health insurance preventive care benefits.**

Just show your plan member ID card to the pharmacist to get a flu shot at no cost for you and covered family members.

#### **Where to get your flu shot**

- Visit your doctor or other in-network flu vaccine provider.
- Visit a participating retail pharmacy or contracted flu shot provider.
- To locate a network provider, visit your health plan website or call the member phone number listed on your health plan ID card.

#### **Follow these steps:**

- Look at the retail pharmacy and flu clinics list or check your health plan's website for a list of local participating pharmacies or clinics. *You can find a list of the health plans in your Benefits Booklet or visit the Department of Budget and Management Health Benefits website at [www.dbm.maryland.gov/benefits](http://www.dbm.maryland.gov/benefits).*
- If your retail pharmacy or convenient care clinic is listed, call them to verify that the pharmacy or clinic is participating in the flu shot program, and ask when flu shots will be available
- Flu shots received at non-network pharmacies or clinics will not be covered.
- Once you have the information, go to the pharmacy and present your health plan member ID card.

**Protect yourself and those around you. Get a flu shot!**

## Retail Pharmacy and Flu Clinics

Health Plan	Retail Pharmacies/Walk-in Clinics
CareFirst Members	<p><a href="#">CVS Pharmacy</a>, <a href="#">Rite Aid Pharmacy</a>, <a href="#">Walgreens</a> and <a href="#">Target Pharmacy</a> located in the CareFirst service area of Maryland, DC and Northern Virginia.</p> <p><b>Other Options</b> Members can also receive a vaccine at a retail pharmacy or a retail clinic that does not participate in the CareFirst Medical Networks. If the vaccine is received from a non-participating provider, the member would be responsible for submitting a medical claim form, along with an itemized receipt that includes the cost of the drug and the administration fee. Medical claim forms are available on <a href="http://www.carefirst.com">www.carefirst.com</a>. Click on the Forms section in the For Members section. You may be asked to pay the full price of the vaccine(s) at the time of service.</p>
United Healthcare Members	Nationwide Pharmacies: <a href="#">CVS Pharmacy</a> <a href="#">Rite Aid Pharmacy</a> <a href="#">Safeway Pharmacy</a> <a href="#">Target Pharmacy</a> <a href="#">Walgreens</a>
Kaiser Members	Must go to a Kaiser facility