

Participant email stresses the importance of flu shots | view in [Web Browser](#)



FLU SHOTS: HELP KEEP PARTICIPANTS HEALTHY



Hello,

This Thursday, Blue Cross and Blue Shield of Texas (BCBSTX) will send an email to all TRS-ActiveCare participants that emphasizes the importance of getting a flu shot soon. Below are details about the email's content to prepare you for any questions that come your way.

Why flu shots are so important this year

The flu kills thousands and sends hundreds of thousands to the hospital every year. This year, it'll be spreading at the same time as COVID-19. According to the [Centers for Disease Control and Prevention \(CDC\)](#), **people can have COVID-19 and the flu simultaneously**. That's why it's more important than ever to get a flu shot.

The CDC has said **everyone six months and older should get a flu shot** if they don't have contraindications. Because it takes about two weeks for the vaccination to work, participants should ideally **get a flu shot before the end of October**.

No-cost flu shots for participants

Flu shots are 100% covered for all TRS-ActiveCare participants when they go to an in-network provider or pharmacy. It's important participants understand they'll incur costs if they go out-of-network for their flu shot.

Participants can call a Personal Health Guide at **1-866-355-5999**, 24 hours a day, seven days a week, for help finding an in-network provider. They can also visit [CVS Caremark's website](#) to find an in-network pharmacy in their area. When participants go to an in-network pharmacy for their flu shots, they don't need to make an appointment, and there's **no cost** to them. All they need is their BCBSTX medical ID card and a valid photo ID.*

IMPORTANT REMINDER

When participants aren't feeling well, they can use [TRS Virtual Health](#) to see a board-certified physician for minor medical and behavioral health issues from home or school, anytime, day or night. They can also call the 24/7 Nurseline at **1-833-968-1770** to help them decide if they should go to the emergency room or to their doctor.

Thank you again for all you do. Don't forget you can visit the [Benefits Administrators' website](#) for resources, including the [BA toolkit](#), [Benefit Booklets](#), and the [District Ambassador Directory](#).

Sincerely,
The TRS-ActiveCare Team

www.bcbstx.com/trsactivecareba

For medical emergencies, call 911. This program is not a substitute for a doctor's care. Talk to your doctor about any health questions or concerns.

*Flu shots and vaccines may always not be available in all pharmacies. Call for availability and to make an appointment, if needed. Most vaccines require a prescription (except for the flu shot). The flu shot and many vaccines to treat common illnesses are generally covered under the Affordable Care Act by non-grandfathered group health plans and non-grandfathered individual and group health insurance coverage, typically with no cost-sharing if provided by an in-network provider, consistent with specified dosage limits and satisfaction of age and other vaccine-specific requirements. Other restrictions may apply. Check with your health plan if you have any questions about your benefits. Copayment, copay or coinsurance means the amount a member is required to pay for a health care service per a Plan, which may be a deductible, a percentage of the price, a fixed amount, or another charge, with the balance, if any, paid by a Plan.

Blue Cross and Blue Shield of Texas complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, sex, gender identity, age, sexual orientation, health status or disability. See [our full non-discrimination notice and contacts](#).

Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

1001 E. Lookout Drive, Richardson, TX 75082

© Copyright 2020 Health Care Service Corporation. All Rights Reserved.
[Legal and Privacy](#)

