

The flu and COVID-19 will be spreading at the same time this year | view in [Web Browser](#)



YOU CAN GET COVID-19 AND THE FLU AT THE SAME TIME

[Learn About Vaccines](#)

Hello,

Those who haven't received their COVID-19 vaccination are at risk of severe health complications and hospitalization due to more contagious COVID strains. Thankfully, this can be prevented.

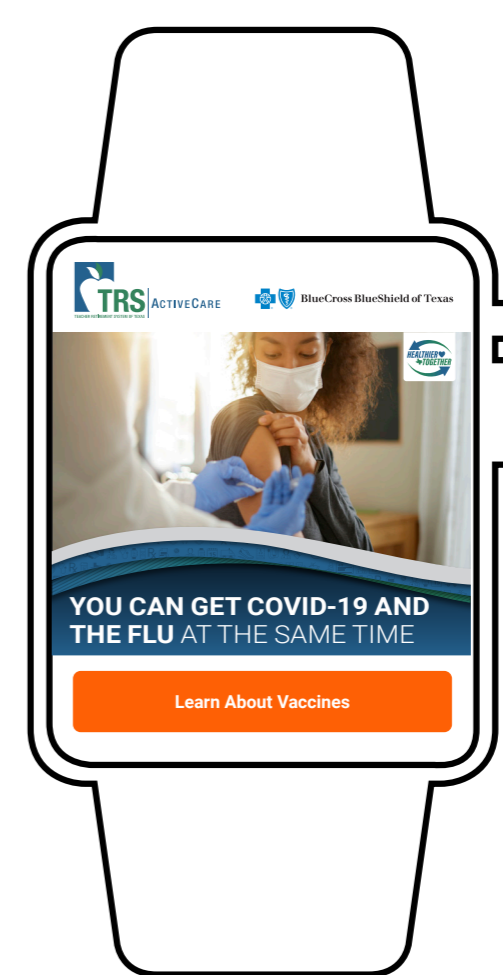
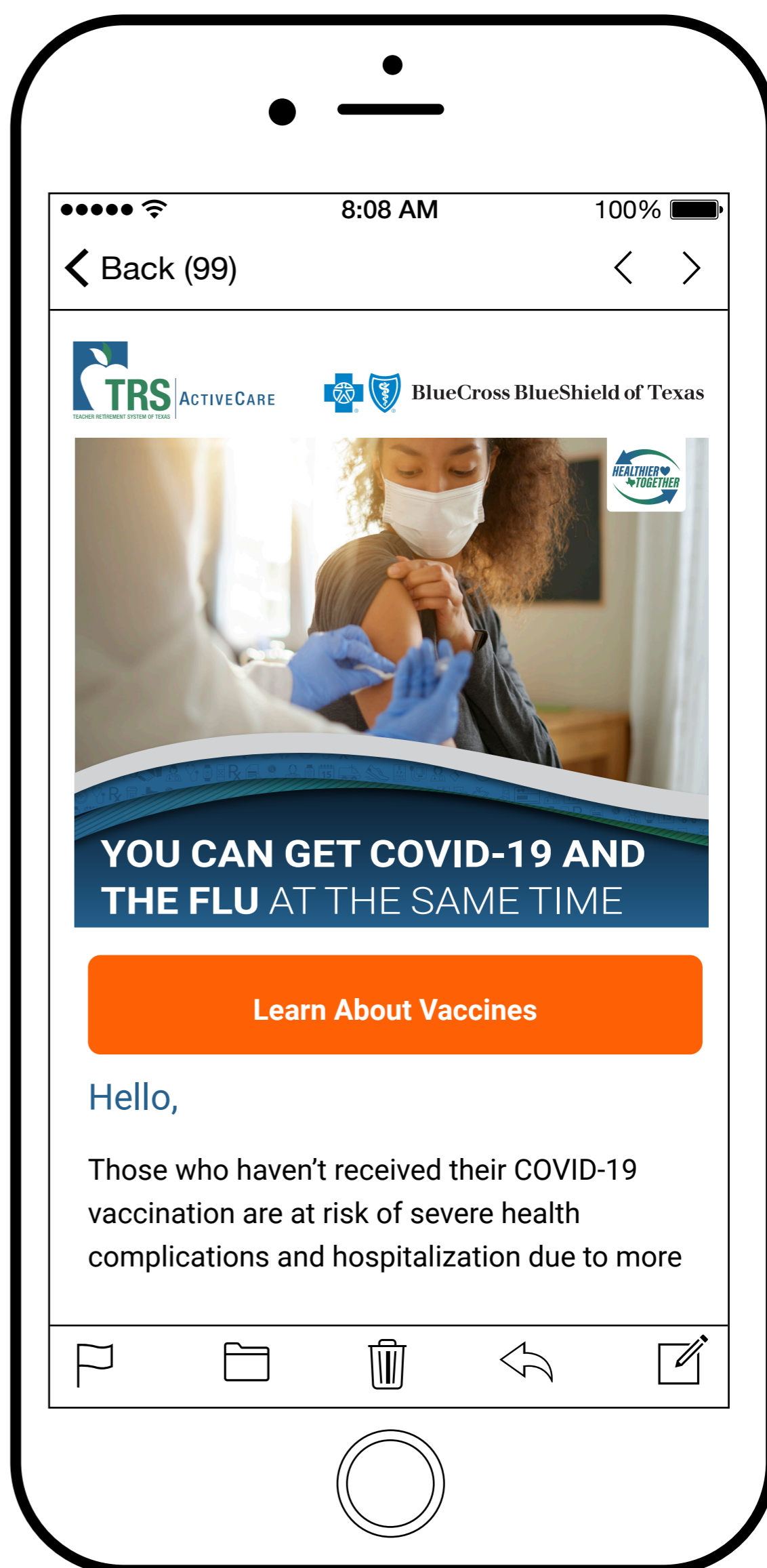
Now, we're heading into flu season, which, combined with COVID-19, could be even more dangerous this year. It's possible to get COVID-19 and the flu at the same time. That's why participants need to get vaccinated for both.



Below is important information about COVID-19 and flu vaccines you'll want to share with your employees.


They'll want to know:

- TRS-ActiveCare health plans cover COVID-19 vaccines and testing at 100%.
- TRS-ActiveCare health plans cover flu shots at no cost at in-network providers and pharmacies.
- According to the Centers for Disease Control and Prevention (CDC), new COVID-19 cases with hospitalizations continue mainly among the unvaccinated.
- Breakthrough cases among vaccinated people tend to be milder and not life-threatening.
- The CDC says all currently recommended COVID-19 vaccines are safe, effective, and reduce your risk of severe illness.
- The CDC recommends everyone 12+ who is eligible get vaccinated for COVID-19, and those eligible also get a booster shot.
- The CDC recommends that everyone six months and older, if you're not allergic to any of the ingredients, get the flu shot before the end of October.

Please copy and paste the content below and email it to them.









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Those who haven't received their COVID-19 vaccination are at risk of severe health complications and hospitalization due to more contagious COVID strains. Thankfully, this can be prevented.

Now, we're heading into flu season, which could be even more dangerous this year. You can get COVID-19 and the flu at the same time. That's why it's essential to get vaccinated for both.



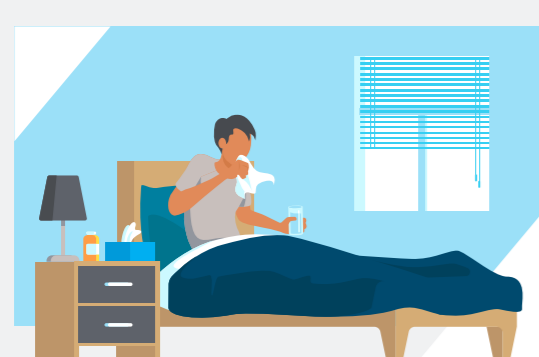
COVID-19

The CDC says all currently recommended COVID-19 vaccines are safe, effective, and reduce your risk of severe illness. Current recommendations include:

- Everyone 12+ who is eligible should get vaccinated.
- Those who are eligible should get the booster shot.

TRS health plans cover COVID-19 vaccines and testing at 100%

There is no out-of-pocket cost for either. Get help scheduling a vaccine by calling a Personal Health Guide (PHG) at **1-866-355-5999**, 24 hours a day, seven days a week. You can also chat through the **BCBSTX App** 24/7. The app is available in the [Apple App Store](#) and [Google Play Store](#).



THE FLU

The CDC has said everyone six months and older should get a flu shot, if you're not allergic to any of the ingredients. It's best if you get a flu shot before the end of October.

TRS health plans cover flu shots at 100% at in-network providers and pharmacies. You'll incur costs if you go out of network for your flu shot.

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. You can also visit [CVS Caremark's website](#) to find an in-network pharmacy in your area.

[Learn About Vaccines](#)

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Sincerely,
Your TRS-ActiveCare team

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