

Your health plan fully covers flu shots | view in [Web Browser](#)



GET YOUR NO-COST FLU SHOT



You hear it every year at this time: Get your flu shot!

Because we're also in the middle of the COVID-19 pandemic, flu shots are more important than ever. **Thankfully, your TRS-ActiveCare plan covers flu shots at 100% when you go to an in-network provider or pharmacy.** You'll have to pay out-of-pocket if you go out-of-network.

Need help finding an in-network provider? Call a Personal Health Guide at **1-866-355-5999**, 24 hours a day, seven days a week. You can also visit **CVS Caremark®** to find an in-network pharmacy in your area. If you go to a participating pharmacy, no appointment is needed, and there won't be a copay or any out-of-pocket costs. All you need is your Blue Cross and Blue Shield of Texas medical ID card and a valid photo ID.*

Why you need a flu shot before the end of October this year

According to the **Centers for Disease Control and Prevention (CDC)**, **you can have COVID-19 and the flu at the same time.** The flu can also be especially dangerous for older people, pregnant women, or anyone with an underlying condition. This is why **the CDC** says **most people six months and older should ideally get a flu shot before the end of October.**

Remember you can use **TRS Virtual Health** to see a board-certified doctor for minor medical and behavioral health issues from home or school, anytime, day or night. You can also call the 24/7 Nurseline at **1-833-968-1770**** for help deciding whether to go to the emergency room or see your doctor.

www.bcbstx.com/trsactivecare

*Flu shots and vaccines may not be available in all pharmacies at all times. 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.

**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.

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To get help and information in your language at no cost, call the customer service number on the back of your member card, or see our [Language Assistance page](#) for more information.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-710-6984 (TTY: 711).

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-855-710-6984 (TTY: 711).

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