



We know that you're concerned about protecting yourself and your family from the **seasonal flu**. As your health plan, we're committed to helping you understand what you can do to keep everyone healthy.

### **Prevention: What You Can Do**

According to the Centers for Disease Control (CDC), there are many simple ways to keep yourself and the people around you from getting the flu.

- **Get a seasonal flu shot.** The CDC recommends that everyone 6 months and older should get a flu vaccine every year. It is especially important if you are 65 years of age or older. See below for information on what your health plan will cover and where to get your shot.
- **Cover your nose and mouth with a tissue when you cough or sneeze.** Throw away the tissue after you use it.
- **Wash your hands often with soap and water.** This is especially important after you cough, sneeze or shake hands.
  - Alcohol-based hand cleaners are also effective.
- **Avoid touching your eyes, nose or mouth.** Germs spread easily this way.
- **Try to avoid close contact with sick people.**
- **If you get sick with the flu, stay home from work or school.** Also limit contact with others to avoid giving them the flu.
- **Do not share personal items,** such as forks, spoons, toothbrushes and towels.

If you or a family member show signs of the flu, get in touch with your doctor right away for advice on what to do.

### **Access to Care: Vaccines for Influenza (Flu)**

The flu vaccine will be available by the end of September. Talk to your doctor about whether the flu vaccine is right for you and your family. If getting a flu shot is appropriate for you, get it as soon as you can.



### **Does my health plan cover flu shots?**

ConnectiCare covers flu vaccines that you receive at a ConnectiCare participating doctor's office or at any participating community flu clinic.

For most members there is no copayment, coinsurance or deductible applied when the only reason for your physician office visit is to get your flu shot. If you see your doctor for other reasons and also get a flu shot, any applicable copayment, coinsurance and deductible will apply.

ConnectiCare will also cover Fluzone High Dose inactivated influenza virus vaccine for members age 65 and older.

You can also get your flu shot from any Medicare-approved provider. However, these providers may require you to pay for the flu shot upfront. If this happens, you will need to send a copy of your receipt along with a completed **Out-Of-Plan Reimbursement Form** to the address located on the form. The form may be found at: <http://www.connecticare.com/medicare/hmc/OutofNetwrkReimbForm.pdf> (form is online) or call Member Services at 1-800-224-2273 (TDD/TYY 1-800-842-9710) 8 a.m. to 8 p.m., 7 days a week, to request a form. If the provider bills for any balance, it will be your responsibility.

### **Where can I get my flu shot?**

Contact your health care provider or go to any participating flu clinic. Remember to bring your member ID card with you when you go for your flu shot.

In September, you can call our toll free number for the Flu Information Line at 877- 417- 7929 (TTY/TDD number 1-800-842-9710) 8a.m. to 8p.m., 7 days a week, to speak with someone who can help you find the nearest participating clinic.

ConnectiCare, Inc. is a Medicare Advantage Organization with a Medicare contract. The benefit information provided herein is a brief summary, not a comprehensive description of benefits. For more information contact the plan.