

IT'S FLU SEASON

WE'VE GOT YOU COVERED



If you're thinking about getting a flu shot this year, you should know that the Centers for Disease Control and Prevention (CDC) recommends that everyone over 6 months of age should get one.

Of course, you'll want to talk to your doctor about getting a flu shot, but in the meantime, here are a few things you should know.

Tufts Health Plan covers flu shots, and you can get one at many convenient locations:

- ✦ **Your doctor's office:** You pay no copay or deductible if your visit is just for a flu shot.
- ✦ **At worksite clinics operated by contracted vendors, including Maxim, The Wellness Company, and CVS/Caremark:** When you show your member ID card, you pay no copay or other cost.
- ✦ **Participating MinuteClinics within CVS/pharmacy locations in New Hampshire, Massachusetts, Rhode Island, Connecticut, and New York,:** There is no charge when you show your member ID card and you don't need an appointment. Age restrictions may apply and vary by state.
- ✦ **Participating CVS/pharmacy locations in New Hampshire, Massachusetts, Rhode Island:** There is no charge when you show your member ID card and you don't need an appointment. MA and RI locations can accept members 18+ and NH locations can accept members 9+ years of age, per state regulations.
- ✦ **Participating pharmacies within the Caremark network:** This expanded network is for members who receive their pharmacy benefit through Tufts Health Freedom Plan.

Please contact participating flu clinics before attending to check on scheduling, flu shot availability, and to confirm that they accept Tufts Health Freedom Plan.

There is no cost to you and a copayment/deductible does not apply. If you pay out-of-pocket for the flu vaccine, you can submit for reimbursement from Tufts Health Freedom Plan. If you are unsure where you can get a flu shot, please call Member Services at the number on your Tufts Health Freedom Plan member ID card.

Tufts Health Freedom Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Por servicio de traducción gratuito en español, llame al número de su tarjeta de miembro. 若需免費的中文版本, 請撥打ID卡上的電話號碼。



FIGHT THE FLU

TUFTS HEALTH
FREEDOM **M**
PLAN

DID YOU GET YOUR FLU SHOT YET?

FLU SHOTS ARE COVERED IN FULL UNDER TUFTS HEALTH FREEDOM PLAN.*

The Centers for Disease Control and Prevention (CDC) recommends a yearly flu vaccine as the first and most important step in protecting against the flu. Of course, you'll want to talk to your doctor about getting a flu shot and any other preventive care you might need. Here are some of the places you can go to get your flu shot.

- Your doctor's office
- Town or school clinics
- Worksite clinics operated by contracted vendors, including Maxim, The Wellness Company, and CVS/caremark™
- Participating pharmacies within the Caremark network**
- Participating MinuteClinics within CVS Pharmacy™ locations in New Hampshire, Massachusetts, Rhode Island, Connecticut, and New York.
- Participating CVS Pharmacy™ locations in New Hampshire, Massachusetts, and Rhode Island.

Please contact participating flu clinics for appointments, flu shot availability, and to confirm that they accept Tufts Health Freedom Plan.

*For most plans, there is no cost to you and a copayment/deductible does not apply. If you pay out-of-pocket for the flu vaccine, you can submit for reimbursement from Tufts Health Freedom Plan. Age restrictions may apply. If you are unsure whether your plan covers flu shots in full and where you can get a flu shot, please call Member Services at the number on your Tufts Health Freedom Plan member ID card.

**This expanded network is for members who receive their pharmacy benefit through Tufts Health Freedom Plan.



11 South Main Street, Suite 600
Concord, NH 03301
thfp.com



FIGHT THE FLU
DID YOU GET YOUR FLU SHOT YET?

HERE ARE SOME PLACES YOU CAN GO TO GET YOUR FLU SHOT:

- Your doctor's office
- Town or school clinics
- Worksite clinics operated by contracted vendors, including Maxim, The Wellness Company, and CVS/caremark™
- Participating pharmacies within the Caremark network**
- Participating MinuteClinics within CVS Pharmacy™ locations in New Hampshire, Massachusetts, Rhode Island, Connecticut, and New York.
- Participating CVS Pharmacy™ locations in New Hampshire, Massachusetts, and Rhode Island.

* Flu shots are covered in full under Tufts Health Freedom Plan. For most plans, there is no cost to you and a copayment/deductible does not apply. If you pay out-of-pocket for the flu vaccine, you can submit for reimbursement from Tufts Health Freedom Plan. Age restrictions may apply. If you are unsure whether your plan covers flu shots in full and where you can get a flu shot, please call Member Services at the number on your Tufts Health Freedom Plan member ID card.

** This expanded network is for members who receive their pharmacy benefit through Tufts Health Freedom Plan.