



COVID-19 update

Keeping you informed

Help avoid a 'twindemic' in communities and prolonged absences at work.

A flu shot is always a good idea. But this year, amid the COVID-19 pandemic, flu shots are more important than ever. As we head into flu season, it's important to encourage clients and their employees, even healthy ones, to get vaccinated and to maintain a healthy lifestyle.

COVID-19 and the flu share many similar symptoms. Vaccines can greatly reduce the chance of employees contracting the flu, or from experiencing complications from the flu. This can help ensure a more accurate diagnosis and treatment of their symptoms. Most fully insured plans provide access to \$0 flu shots at a variety of convenient locations.*

We've crafted resources to answer common questions and bust myths regarding flu vaccines. Contact your Blue Shield Sales Representative for more information about flu vaccine coverage and locations.

- [The Flu vs. COVID-19](#)
- [FAQs](#)
- [Myth Busting flyer](#)

* For most plans, it's \$0. This is because it's a covered preventive care benefit provided by the Affordable Care Act. Some exceptions apply for select ASO groups. Contact your Blue Shield Sales Representative for more details.

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