



Flu season typically begins Sept. 1 and continues through March 31

# Vaccinations protect you, your loved ones and your community



Vaccinations help protect you and others against severe illness and death. You can visit an in-network doctor or pharmacy to receive vaccinations for protection against illnesses like flu, COVID-19, pneumonia and more at no out-of-pocket cost to you.

**Flu vaccine recommendation:** The Centers for Disease Control and Prevention (CDC) recommends flu vaccinations annually during September and October for everyone 6 months and older, with rare exceptions. Flu vaccination can reduce flu illnesses, doctor visits, and missed work and school; it can also prevent hospitalizations and deaths.

Vaccinations are particularly important for people with high risk of serious complications from flu, including pregnant people and people with certain chronic conditions.

Those 65 and older should receive a higher-dose flu vaccine, such as Fluzone High Dose, Flublok recombinant or Flud, rather than standard-dose vaccines. More information is available at [cdc.gov/flu/highrisk/index.htm](https://www.cdc.gov/flu/highrisk/index.htm).

**COVID-19 vaccine recommendation:** Even if you've already had COVID-19, it's still critical to get vaccinated to boost your immunity for protection against newer strains of the virus.

The CDC recommends at least one updated Pfizer-BioNTech or Moderna COVID-19 vaccine for everyone 6 months and older. People 65 years and older, and those who are moderately or severely immunocompromised, may get one or more additional doses. Children 6 months to 5 years may need multiple doses to be up to date, depending on their age and the number of doses they've previously received.

## We're here to help

Vaccinations for flu, COVID-19, pneumonia and more are covered 100% when you use an in-network provider. You can get your vaccinations from:

- Your primary care provider
- Any in-network doctor's office or pharmacy
- Any contracted provider, including an employer-sponsored clinic

Find a doctor on [regence.com](https://www.regence.com) or on the Regence app. You can also call Customer Service at the number on the back of your member ID card for help locating an in-network provider or pharmacy near you.

If you use an out-of-network provider, you may have to pay up front. To be reimbursed, you'll need to submit a claim with an itemized receipt by signing in to your member account on [regence.com](https://www.regence.com). We'll process the claim according to your benefits; deductible or copay may apply.

## Covered vaccinations

Along with annual flu and COVID-19 vaccinations, the CDC recommends additional vaccinations for adults 19 and older. For the complete list of vaccinations covered by Regence plans, visit [regence.com/member/members/preventive-care-list#Vaccinations](https://www.regence.com/member/members/preventive-care-list#Vaccinations).

**Pneumonia:** The CDC recommends vaccination for protection against pneumonia—a bacterial infection that can develop from flu, COVID-19 and common colds—for all adults 65 years or older, infants, and children who've missed their pneumonia vaccinations during their first two years. Talk with your doctor or pharmacist about what's best for you.

**Respiratory syncytial virus (RSV):** This highly transmissible virus can cause severe illness and death in older adults and young children. The CDC has approved an RSV vaccine for adults 60 and older, and immunizations for infants and young children up to 19 months. Ask your doctor or pharmacist about availability.

## Help prevent the spread of disease

To reduce the spread of disease, follow current federal and state safety guidelines. Wearing a mask when around others, keeping hands and surfaces clean, and staying home if you're sick are effective ways to control the spread of disease.



Want to learn more about other preventive care available to you?

See our preventive care guide at [regence.com/member/members/preventive-care-list](https://www.regence.com/member/members/preventive-care-list).



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