

Applies to: Fully insured and self-insured health plans in Commercial markets

Staying Healthy During Flu Season

Flu season is here. Getting a flu shot is the most effective way to prevent the flu, and it's especially important to [get a flu shot now](#) since COVID-19 is still circulating in our communities. The [Centers for Disease Control and Prevention](#) (CDC) has advised that flu and COVID-19 vaccinations can be given safely at the same time. Both vaccinations are widely available at no additional cost to our members.¹

Where to Get a No-Cost Flu Shot

We encourage our members to talk with their in-network primary doctors about getting a no-cost flu shot.

Members who live in New Jersey can also visit HorizonBlue.com/flu for a list of chain and independent pharmacies that offer flu shots. [Certain pharmacies](#) can also provide other vaccines at no cost, including shingles, hepatitis A and B, pneumococcal pneumonia, human papillomavirus (HPV), tetanus and measles/mumps/rubella (MMR).

Members who live outside New Jersey can also get a no-cost flu shot at a [MinuteClinic](#)[®] located inside CVS Pharmacy locations.

You can [read answers](#) to frequently asked questions about getting vaccines at pharmacies.

Health Advice Is Available

If members have health concerns like a cough, fever or sore throat, our [Nurse Chat](#) can help them get the care they need at home. Members who live in New Jersey can chat with a registered nurse, and then connect with a doctor through a telemedicine video consult, if needed, at no cost and without a referral.

We want our members to stay healthy. And, a flu shot is the most effective way to prevent the flu and stay healthy during this flu season.

If you have any questions, please contact your Horizon account executive or account manager.



¹ COVID-19 vaccinations are available for everyone ages five (5) and older (people ages 5 through 18 can get the Pfizer-BioNTech vaccine).

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