



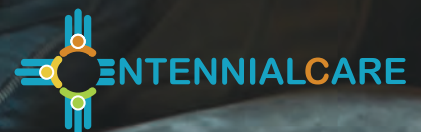
BlueCross BlueShield  
of New Mexico

# Blue<sup>SM</sup> FOR YOUR Health




## INSIDE

- 4 HAVE DIABETES?**  
Find out why eye exams are so important
- 6 PROGRAMS JUST FOR YOU**  
Learn about services to help you stay well



Fall 2022



To ask for auxiliary aids and services or materials in other formats and languages at no cost, please call **866-689-1523** (TTY/TDD: **711**).

## Join our virtual Advisory Board meetings

**We want to hear from you!** Do you have questions about your Blue Cross Community Centennial (BCCC) health plan? We want to hear about your experience with the services you receive. You can also share your ideas of ways we can improve. The easiest way to be heard is to attend a Member Advisory Board (MAB) meeting. The MAB meets six times a year. We cover topics such as mileage reimbursement, recovery support services, virtual visits, Centennial Rewards, and many more. All BCCC members are welcome.

Blue Cross and Blue Shield of New Mexico complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **855-710-6984** (TTY: **711**).

Díí baa akó nínízin: Díí saad bee yánílti'go Diné Bizaad, saad bee áká'anída'áwo'deé', t'áá jiik'eh, éí ná hóló, koji' hódíílnih **855-710-6984** (TTY: **711**).

The Native American Advisory Board (NAAB) meets like the MAB. The NAAB provides feedback to the BCCC plan on issues related to Native Americans. These can include issues with the health plan or the services you receive. The NAAB may include appointed tribal representatives as well as Native American plan members.

We know your time is valuable. Members (18 years and older) who participate in a MAB or NAAB meeting are eligible to receive a \$20 gift card.

*Blue for Your Health* is published for members of Blue Cross and Blue Shield of New Mexico's Blue Cross Community Centennial health plan.

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Website: [bcbsnm.com/community-centennial](https://bcbsnm.com/community-centennial)

All providers referenced in this document are not employed by and are independent from BCBSNM. Information in *Blue for Your Health* is not meant to be taken as medical advice. If you have any concerns or questions about content that may affect your health, talk to your health care provider.

Models may be used in photos and drawings.

Programs offered by Blue Cross and Blue Shield of New Mexico, such as the 24/7 Nurseline and Special Beginnings, do not replace your doctor's care. Always talk to your doctor about any health questions or concerns.

Benefit information provided is a brief summary, not a complete description of benefits. Limitations, copayments, and restrictions may apply. For more information, review your *Member Handbook* or contact Blue Cross Community Centennial Member Services at **866-689-1523**. If you are speech- or hearing-impaired, call **711** for TTY service.

Benefits, formulary, pharmacy network, provider network, and/or copayments are subject to change.

ModivCare is an independent company that administers transportation services for Blue Cross Community Centennial.

Prime Therapeutics, LLC is a separate company and is the Pharmacy Benefit Manager for Blue Cross Community Centennial.

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BCBSNM Medicaid Fall 2022

### How to participate:

- Members can call in or participate from their computer or electronic device.
- To learn more, call Christine at **505-816-4316**.
- To view a meeting schedule, visit [bcbsnm.com/community-centennial](https://bcbsnm.com/community-centennial).
- If you are speech- or hearing-impaired, call **711** for TTY service.

### BCBSNM Drug List updates

BCBSNM and the Prime Therapeutics Pharmacy and Therapeutics Committee have made changes to the BCBSNM Drug List. To see a complete summary of the changes, go to [bcbsnm.com/community-centennial](https://bcbsnm.com/community-centennial). Click on *Plan Details*. Choose *Drug Coverage*, and click on *Drug List Updates*. While there, you can view the entire Drug List and learn more about your drug benefits. You can also call Member Services at **866-689-1523** (TTY: **711**) to get this information.



## MODIVCARE APP

# Setting up a ride has never been easier

Non-emergency medical transportation is covered with your BCBSNM Medicaid benefits—at no cost to you! ModivCare provides your transportation needs.

### ModivCare rider app

If you do not want to call ModivCare, you can use the

ModivCare app to set up your ride to the doctor. All you need to do is search for “ModivCare” on Google Play® or the Apple App Store® to download.

Make sure to have an email address handy to create your account. Then requesting a ride is only a few clicks away!

By downloading the app for ModivCare, you have access to:

- Setting up, changing, or canceling rides
- Where your driver is in real time
- Texting or calling the driver to ensure that trips aren't missed
- Using the app to talk to a live agent

### Schedule a ride

**ModivCare app:** Search “ModivCare” in your app store and use it for all your ride needs.

**Call ModivCare:** 866-913-4342 (TTY/TDD: 866-288-3133), 8 a.m. to 5 p.m. MT, Monday through Friday; closed holidays and weekends. Call at least three business days before you need a ride, not including the day of your appointment.

**Confirm your ride:** Call or check your mobile app three days before.



----- ✂ **clip and save!** -----

## Keep these Blue Cross Community Centennial phone numbers handy

**Member Services: 866-689-1523 (TTY: 711)**

**Hours:** Monday through Friday, 8 a.m. to 5 p.m. MT

**Weekends and holidays:** Closed.

If you call after hours, please leave a message. Your call will be returned the next business day.

**Care Coordination: 877-232-5518 (press 3 and then press 2) (TTY: 711)**

The role of the Care Coordinator is to help members with special health care needs, whether at home, in a skilled nursing facility, or in the hospital. If you believe you or your child has special physical, behavioral, and/or long-term health care needs, please call the number listed above.

**24/7 Nurseline/Audio Health Library: 877-213-2567 (TTY: 711)**

Need to know if an injury should be checked? Worried about your child's fever? Get answers to your health questions 24 hours a day, 7 days a week by calling the 24/7 Nurseline and talking with a registered nurse. The nurse can help you decide what to do.

There is also a phone library of more than 300 health topics available through the 24/7 Nurseline. Many of the topics are offered in Spanish.

**For medical emergencies, dial 911.** For urgent care, you can go to an urgent care provider. See the Blue Cross Community Centennial provider directory for a list. Or call Member Services at **866-689-1523 (TTY: 711)**.

**ModivCare®: 866-913-4342 (TTY: 866-288-3133)**

**Hours:** Monday through Friday, 8 a.m. to 5 p.m. MT

Call for non-emergency medical transportation.

Do you need after-hours transportation or a ride home from your appointment? Call Ride Assist at **866-418-9829 (TTY: 866-288-3133)**. Ride Assist is available 24 hours a day, 7 days a week.

**Ombudsman Specialist: 888-243-1134 (TTY: 711)**

The ombudsman specialist explores unresolved problems and deals with them fairly. The ombudsman advocates for your rights. This is done by using Medicaid guidelines and BCBSNM resources to help you. The ombudsman is independent from BCBSNM management.

**988 Suicide & Crisis Lifeline:** Dial **988**, text the word **TALK**, or visit **988lifeline.org/chat** to chat, 24 hours a day, 7 days a week.

# Diabetes retinal eye exams: **See the difference**

If you have been diagnosed with diabetes, you know how hard it can be to manage diabetes appointments, testing at home and at the lab, eating healthy, and staying active. With all there is to remember, you might miss the difference a yearly diabetes retinopathy exam can make in your life.

## What is diabetic retinopathy?

Diabetic retinopathy is the leading cause of blindness in working-age adults who have diabetes. Over time, diabetes can cause damage to your eyes that can lead to poor vision or even blindness.

## Are you at risk?

About 1 in 3 people with diabetes who are older than age 40 already has some signs of diabetic retinopathy. Each



person's wellness depends greatly upon having regular diabetes care. Finding and treating diabetic retinopathy early can reduce the risk of blindness by 95%.

Often there are no early symptoms of diabetic eye disease. You may have no pain or change in your vision as damage begins to grow inside your eyes, particularly with diabetic retinopathy. When symptoms do occur, they may include:

- Blurry or wavy vision
- Frequent changes in vision, sometimes from day to day

- Dark areas or vision loss
- Poor color vision
- Spots or dark strings (also called floaters)
- Flashes of light

**Talk with your eye doctor as soon as possible if you have any of these symptoms.**

## Take action!

To prevent diabetic eye disease or to keep it from getting worse, manage your diabetes ABCs:

**1** Complete an **A1c** test at least twice per year

**2** Work with your health care provider to manage your:

- Blood pressure
- Cholesterol

**3** Complete a **diabetic retinopathy eye exam at least once per year**—or more often if recommended by your eye care professional (ophthalmologist or optometrist)

Taking better care of yourself now can protect your eyes for the future. Be sure to make regular appointments with your health care provider to discuss diabetes issues or concerns you may have, and work with your provider to make your diabetes plan of care. It's never too late to begin!

Source: National Institute of Diabetes and Digestive and Kidney Diseases

## Protecting your information

As a Blue Cross Community Centennial member, you will receive a notice. This notice tells you how your protected health information (PHI) can be used and shared.

PHI includes medical information. It also includes information about your Centennial Care benefits. PHI can be communicated by spoken word, in writing, or electronically.

BCBSNM participates in a contract with the New Mexico Human Services Department (HSD) to provide the Blue Cross Community Centennial health plan. If you are a Blue Cross Community Centennial member, BCBSNM has access to your PHI in all its forms.

**How we use or share PHI.** BCBSNM uses your PHI to operate the health plan and help you get services from your health care providers. BCBSNM shares your PHI with your providers

# Asthma: **Have an action plan**

If you have asthma, you should have a plan of action for managing your condition. And it should be in writing.

An asthma action plan outlines the steps you should take to treat your symptoms and prevent them from getting worse. It also says when you should call your health care provider or go to the Emergency department.

If you don't have a plan in place, work with your health care provider to create one. An asthma action plan should include:

■ **Triggers.** These are things that make your asthma worse. Examples may be dust mites, mold, pollen, or tobacco smoke. By listing your

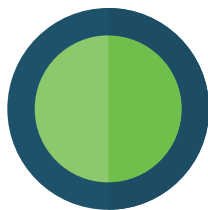
triggers, you know what you need to avoid as much as possible.

■ **Medications.** Include both your long-term control and quick-relief medications. For each, include its name, how much to take, and when to take it.

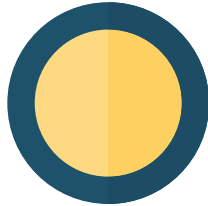
■ **Common symptoms.** These could mean you're headed for a flare-up. Learn to recognize them, and know what to do to prevent them from becoming a serious threat.

■ **Contact information.** Include phone numbers for your health care provider and the closest hospital. Keep them handy for an emergency.

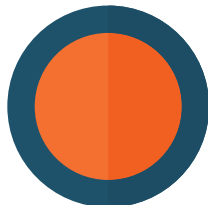
**Three zones of an action plan** Divide your action plan into three zones—green, yellow, and red:



**Green** is where you want to be. You don't have symptoms, and you feel good. List your long-term control medicines here, because you want to take them even if you feel well. They'll help keep you feeling good.



**Yellow** is for when you're starting to experience symptoms. Proceed with caution. Include quick-relief medication here. Know how and when to take it to prevent symptoms from getting worse.



**Red** is for when you're having severe symptoms. It spells out when and how to get immediate help.

Sources: American Academy of Allergy, Asthma & Immunology; American Lung Association

**Bring your action plan to your health care provider visits. That way, you and your health care provider can update it as needed.**



and other appropriate organizations, like the HSD. We also share your PHI to help with:

- Public health
- Safety issues
- Other legal or law enforcement activities

Please know that BCBSNM only shares your PHI when allowed by law.

**How we protect PHI.** BCBSNM has policies, procedures, and strong security controls in place. BCBSNM protects your PHI, whether it is

spoken, written, or maintained electronically. Employees at BCBSNM take privacy and security training at least once a year. Employees also must comply with all privacy and security policies and procedures.

For more information about this privacy notice or your rights, please call Member Services at **866-689-1523** (TTY: **711**). You can also visit **[bcbsnm.com/community-centennial/legal-and-privacy/privacy](http://bcbsnm.com/community-centennial/legal-and-privacy/privacy)**.



# Programs for members

**A**s a Blue Cross Community Centennial member, there are many programs that can help you stay healthy and manage your condition. These are included as a benefit and are at no cost to you. Here are some of the programs and services:

- Disease management services for those at risk for chronic conditions, such as asthma and diabetes
- Pharmacy programs to assist with drug management and education
- Help with post-discharge transitioning after a mental illness event
- Prenatal and postpartum assistance with provider office visits and follow-up care

- Help with transitioning post-discharge and between settings to deliver more stable care
- Complex case management for physical and mental health conditions
- Coordination of care to help with meeting health goals

## How can you benefit from these programs?

The table on these pages shows a list of programs that are available to you as a Blue Cross Community Centennial member. You may opt in or opt out of any of these programs. For more information, including updates, call **877-232-5518** (TTY: **711**) or visit **bcbsnm.com/community-centennial**. Call the number on the back of your insurance card to confirm eligibility.

| Wellness and preventive programs  | Who can participate?  | How can this program help?  |
|---|---|---|
| +Smoking Cessation  | Blue Cross Community Centennial members 18 and over who use tobacco products and have expressed an interest in tobacco cessation or who have received a prescription for cessation aids | Members who participate can receive: <ul style="list-style-type: none"> <li>■ A dedicated Care Coordinator, who can provide education and counseling by phone</li> <li>■ A BCBSNM dedicated toll-free Quit Line: <b>877-262-2674</b></li> </ul>   |
| Physical health/disease and case management programs  | Who can participate?  | How can this program help?  |
| +Hypertension (high blood pressure)   | Blue Cross Community Centennial members 18 years of age and younger with an asthma or diabetes diagnosis  | Members who participate will receive: <ul style="list-style-type: none"> <li>■ Care Coordinators to offer education and counseling over the phone about the risks of not controlling blood pressure</li> <li>■ Help with medication</li> <li>■ Access to resources such as blood pressure tracking logs and educational materials</li> </ul>  |
| +*Condition Management <ul style="list-style-type: none"> <li>■ Asthma</li> <li>■ Diabetes</li> </ul> | Members with asthma or diabetes   | Members who participate can receive: <ul style="list-style-type: none"> <li>■ One-on-one support in managing their health conditions</li> <li>■ Assistance in coordination of care</li> <li>■ Help making follow-up appointments with their PCP or specialists</li> <li>■ Help getting services needed, such as home health aid or durable medical equipment, if applicable</li> <li>■ Educational materials on their specific health conditions</li> <li>■ Access to online resources, such as blood sugar tracking logs, BMI calculator, and more</li> <li>■ Education about lifestyle changes</li> </ul> |
| *Complex Case Management (physical health)  | Blue Cross Community Centennial members with three or more inpatient admissions or emergency room (ER) encounters within six months or two or more complex conditions                   | Members who participate can receive: <ul style="list-style-type: none"> <li>■ One-on-one coaching</li> <li>■ Medication adherence monitoring</li> <li>■ Ongoing communication/review of health needs, including in-person visits or phone calls</li> <li>■ Help with connecting to community resources and member benefits</li> <li>■ Help with setting up care with primary care and specialist providers</li> <li>■ Education and resources for better understanding of health conditions, medications, and treatments</li> </ul>   |



| Pharmacy program                                       | Who can participate?  | How can this program help?  |
|--|---|---|
| *Pharmacists Adding Value and Expertise (PAVE)         | Blue Cross Community Centennial Members who are pregnant  | Members who participate can receive: <ul style="list-style-type: none"> <li>■ Education from independent community pharmacists about their medications</li> <li>■ Access to online resources and tracking tools to help maintain or improve health</li> </ul>   |
| Mother and baby programs                               | Who can participate?  | How can this program help?  |
| +Special Beginnings Program (prenatal/postpartum care) | Members who are pregnant (for 34 weeks or less) and/or members who are pregnant and are at high risk of: <ul style="list-style-type: none"> <li>■ Diabetes</li> <li>■ High blood pressure</li> <li>■ Early birth</li> </ul>                                 | Expecting moms who join will receive resources such as: <ul style="list-style-type: none"> <li>■ Educational materials about pregnancy and infant care topics</li> <li>■ Help with managing high-risk conditions, such as gestational diabetes and preeclampsia</li> <li>■ Access to an online resource with maternity tools, articles, and information</li> </ul>  |
| Continuum of care programs                             | Who can participate?  | How can this program help?  |
| +Transition of Care                                    | Blue Cross Community Centennial Members who are admitted to the hospital  | Members who participate can receive: <ul style="list-style-type: none"> <li>■ A visit from a care manager to assist with moving from one care setting to another</li> <li>■ Education and resources for a safe transition</li> </ul>  |
| +Community Paramedicine                                | Blue Cross Community Centennial Members who have been recently discharged from the hospital   | Members who participate can receive from independent community paramedics: <ul style="list-style-type: none"> <li>■ Home visits from paramedics following ER visits or hospitalization</li> <li>■ Education and information from paramedics</li> <li>■ Post-discharge medical support for those at risk of readmission</li> <li>■ In-home remote monitoring for those with significant disease processes</li> </ul>                                 |
| Behavioral health programs                             | Who can participate?  | How can this program help?  |
| *Complex Case Management (behavioral health)           | Blue Cross Community Centennial Members with multiple chronic behavioral health conditions, including: <ul style="list-style-type: none"> <li>■ Major depression</li> <li>■ Bipolar disorder</li> <li>■ Schizophrenia</li> <li>■ Substance abuse</li> </ul> | Members who participate can receive: <ul style="list-style-type: none"> <li>■ Assistance with their medications, such as help with refills and finding pharmacies</li> <li>■ Referrals to crisis interventions</li> <li>■ The option for respite care, which gives their main unpaid caregiver a break</li> <li>■ One-on-one coaching</li> <li>■ Ongoing communication/review of health needs, including in-person visits or phone calls</li> </ul> |
| +Transition of Care                                    | Blue Cross Community Centennial and DSNP members who have been hospitalized for mental illness or members who have a complex mental health, substance use, or non-urgent use of the ER and have visited the Emergency department                            | Behavioral health members can receive: <ul style="list-style-type: none"> <li>■ Coordination of care between treatment facilities and doctors</li> </ul>  |

**Key:**

+To opt in to these programs, please contact BCBSNM.

\*If you qualify for these programs, BCBSNM will contact you to opt in or opt out.



# Stay healthy after baby's arrival

As a loving mom, keeping your new baby healthy is a top priority. But it's just as important to make sure you stay in good health too. Doing so can help you feel better physically and emotionally.

Here are three things to think about as you recover:

**1 Ease into exercise.** Getting enough rest is important, especially if you've had a C-section. But when you're ready, you'll want to start slowly exercising. Exercise—even short walks—may help new moms:

- Be fit
- Get back to their pre-pregnancy weight
- Manage stress
- Sleep better
- Avoid depression

**2 Make healthy eating choices.** New moms need a balanced diet to feel great and fuel their recovering bodies. And if you're breastfeeding, a good diet helps keep up a nutritious milk supply.

Make fruits and veggies a part of every meal. Include whole-grain versions of breads, pastas, tortillas, and cereals too. If you eat meat, choose lean cuts. And drink plenty of water.

Eating fish is good for you, too, but breastfeeding moms

should choose fish lower in mercury. A few good choices are salmon, tilapia, and canned light tuna.

**3 Don't ignore worrisome symptoms.** When you're recovering from having a baby, some discomfort is to be expected. But you might have changes to your body or your mood that

signal a health problem and require your doctor's attention.

Tell your doctor if you:

- Have a fever above 100.4 degrees
- Have discharge, pain, or redness around a surgical incision or a skin tear from when you gave birth
- Experience heavy vaginal bleeding
- Feel sad or hopeless for more than 10 days

### Get a postpartum checkup.

Your doctor needs to see how you're recovering. If you haven't done so yet, schedule a visit today.

Sources: American College of Obstetricians and Gynecologists; Centers for Disease Control and Prevention; March of Dimes; Office on Women's Health; U.S. Food and Drug Administration

## Postpartum care coverage

As of April 2022, your postpartum benefit has been extended from a 60-day period to a 12-month period. Members will have full Medicaid coverage during pregnancy and for 12 months after your pregnancy ends. We are here to help. Call our Special Beginnings Care Coordinators at **888-421-7781** (TTY: **711**) to learn more. This call is toll-free.

Schedule a postpartum checkup with a provider who participates in the network for Blue Cross Community Centennial. If you need help finding a provider, call Member Services at **866-689-1523** (TTY: **711**).

More postpartum information is available in the *Member Handbook* and on the BCBSNM Centennial Care website.

We hope you see your provider for your postpartum checkup! Thank you for being a Blue Cross Community Centennial member. We wish you and your baby continued good health.

### Value-added services for members

Blue Cross Community Centennial covers more than standard Medicaid benefits. We also offer extra services to help keep you and your family healthy. Contact us at **866-689-1523** (TTY: **711**) to find out if you are eligible to receive some or all of these services.





## Special Beginnings<sup>®</sup> for healthier moms and babies

Your Blue Cross Community Centennial health plan offers a Special Beginnings program for pregnant members. The program includes:

- A 24-hour toll-free telephone hotline; you can talk with maternity nurses and ask questions
- Educational materials about your pregnancy, such as good nutrition and how babies grow
- Extra help for moms with special problems during pregnancy
- Personal phone calls from a trained nurse to talk to you about how you and your baby are doing

To participate or to get more information about this program, call toll-free **888-421-7781** (TTY: **711**). You can also email **NMCNTL.SpecialBeginnings@bcbsnm.com**. Participating in Special Beginnings is encouraged for pregnant Blue Cross Community Centennial members.

## Reap the rewards

*Value-added services and Centennial Rewards for pregnant members*

If you are pregnant, you can receive a car seat or portable crib for your infant. Limit:

- 1 car seat per newborn
- 1 portable crib per newborn

**Infant car seat and crib at no cost to you**

### To get the **CRIB**:

- Participate in the Special Beginnings maternity program; there is no charge to participate in this program.
- Visit your obstetrics (OB) provider during the first 12 weeks of pregnancy or within 42 days of enrollment in Blue Cross Community Centennial.
- Call BCBSNM at **888-421-7781** (TTY: **711**) to learn more about the Safe Sleep Program.

### To get the **CAR SEAT**:

- Participate in the Special Beginnings maternity program; there is no charge to participate.
- See your OB provider for eight prenatal visits.

### **CENTENNIAL REWARDS** Program

To receive \$100 in reward points:

- Participate in BCBSNM's Special Beginnings program.
- Register for Centennial Rewards by calling **877-806-8964** (TTY: **844-488-9722**)—or go to **centennialrewards.com** and choose your reward!



## See our latest videos for better mental health



**Mental health medication instructions can be hard to follow.**

You may also have questions about your medications. Watch this short video on how to talk with your provider about ways to better understand your medications.



**Are you feeling overwhelmed and unsure what to do next?** Were you just in the hospital

or emergency department for mental health? Watch this short video and let us help you take the next step toward wellness.



**Struggling with drugs and/or alcohol?** If

you or a family member needs help, watch this short video on treatment and support.



# Make your wishes known **at any age**

Here's a question to ask yourself: What if a car accident or a stroke left you seriously injured and unable to communicate? What treatments would you want to receive? Unless you share your wishes in advance, your doctors and your family won't know your treatment preferences.

That's where an advance directive comes in. An advance directive is a legal document that allows you to let others know your health care wishes. You can specify what treatments you would want, such as:

- CPR (cardiopulmonary resuscitation) if your heart stops
- A ventilator (breathing machine)

■ Nutrition through a feeding tube

You can change your instructions later if your health or your thoughts on these matters change.

There are two main types of advance directives:

■ A **living will** tells your doctors how you want to be treated if you are dying or permanently unable to make decisions.

■ A **durable power of attorney for health care** document lets you name a trusted person to make decisions on your behalf.

New Mexico has a single form with instructions that includes both of these directives. Get a copy of the New Mexico optional Advance Health Care Directive

Form under the *Member Resources* tab at [bcbsnm.com/community-centennial](http://bcbsnm.com/community-centennial).

If you are comfortable, you can complete the form yourself. You can also ask others for help—such as your health care provider or legal advisor. Learn more about New Mexico's laws on advance directives at [caringinfo.org](http://caringinfo.org).

Don't wait until you are very ill or at the end of life to make an advance directive. It's better to make one while you are healthy. Share a copy with your primary care provider. Store another copy in a safe place, and let your family and friends know where it is.

Source: National Institute on Aging

## Don't let the flu get you

Getting a flu shot can help you stay healthy. Flu season starts in October. The Centers for Disease Control and Prevention recommends that most people ages 6 months and older get a flu shot each year.

### Did you know?

You can't get the flu from the flu shot. There may be reactions, but they're most often mild. The flu is commonly spread from person to person by coughing or sneezing. The flu may often:

- Come on quickly
- Last as long as two or three weeks
- Cause fever
- Cause headache, muscle aches, and pains
- In serious cases, lead to hospitalization and sometimes even death

Getting your flu shot can help make sure you don't spread the flu.

### Don't put it off!

It is important to get a flu shot.



Don't wait to get your flu shot: After the flu shot is given, it can take about two weeks to protect you from the flu.

**Get your flu shot today!**  
**Get a flu shot at an in-network provider or an in-network pharmacy.**

Help BCBSNM fight against the spread of the flu! The BCBSNM Care Van program provides flu shots throughout the state.

To learn more about some of our upcoming Care Van events, please follow BCBSNM on Facebook and Twitter or go to our member website at [bcbsnm.com/community-centennial](http://bcbsnm.com/community-centennial). You can also call **877-232-5518** (TTY: **711**).

Source: Centers for Disease Control and Prevention